

PPAL

Parent/Caregiver Support

For More information go to PPAL.NET

FREE Services.
No insurance
required.

Are you navigating the mental or behavioral health systems for a child, teen, or young adult?

Request 1:1 peer support!

We have NO waitlist!

MONDAY

Virtual: **Grupo de Apoyo Hispanol**
10:00 AM - 12:00 PM

Virtual: **Parents Raising LGBTQIA+ Children**
6:00 PM - 8:00 PM

Hybrid: **Parenting Young Adults - Looking to the Future**
5:00 PM - 7:00 PM

TUESDAY

Hybrid: **Caregiver Connections**
5:00 PM - 7:00 PM

Virtual: **Soul Sessions**
12:00 - 12:30 PM

WEDNESDAY

Virtual: **Soul Sessions**
9:00 - 9:30 AM

Virtual: **Relax & Connect**
11:30 AM - 1:30 PM

Virtual: **Parenting Young Adults - Looking to the Future**
6:00 PM - 8:00 PM

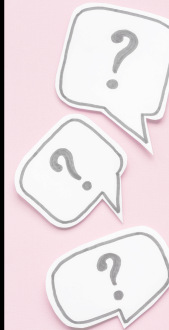
THURSDAY

Virtual: **Grandparents Lunch and Learn**
2nd Thursday
12:00 - 2:00 PM

Virtual: **Soul Sessions**
5:00 - 5:30 PM

Virtual: **Grandparents Connections**
4th Thursday
6:30 - 8:30 PM

Virtual: **Parent Support Group**
6:00 - 8:00 PM



Do you need help navigating and advocating in the school system for a loved one with mental or behavioral health needs?

Book an Ask The Advocate Appointment
parentsupportgroup@ppal.net

FRIDAY

Virtual: **Parenting Power UP**
12:00 PM - 2:00 PM

