

Lots of resources and upcoming activities to check out! Please let me know if you have any questions or I can help support your student and family.

- Looking for activities for the summer? Check out these options:
 - King County Libraries have numerous free classes, activities, and more to participate in. Bonus – we have several libraries quite close to the Valley! Check out [this link](#) for options at Carnation, Duvall, and Woodinville libraries!
 - Summer Camps & Family Activities:
 - [Wilderness Awareness School](#)
 - [YMCA](#)
 - [Remlinger Farms](#)
 - [Camp Gilead](#)
- [Charlie Health](#) is a personalized intensive mental healthcare online platform using an Intensive Outpatient Program (IOP) that combines supported groups, family therapy, and individual therapy into a series of personalized sessions multiple times per week. Recently Charlie Health has added **Free Public Support Groups** – most recently they expanded their Monday evening Parent Support Group to include a specific space for parents of Neurodivergent Adolescents and Young Adults. Folks do not need to be enrolled at Charlie Health to attend these support groups, they're happy to provide the space for connection, and healing! Please use the links to check out their flyers. All groups run on Mondays at 6p.m. MT/5p.m. PST:
 - [Free Parent Support Groups](#)
 - [Neurodivergent-Affirming Care](#)
 - [Open Community Support Groups](#)

Thank you for helping us keep everyone at school healthy!

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