Parent Support Group

Shrewsbury and Westborough Youth and Family Services have partnered with the Westborough Schools to offer a ***free*** Parent Support Group! Parents are often focused almost entirely on the needs of their children, sometimes to the point that they ignore their own needs and feelings. This group is a chance to address ***your*** needs. We will cover topics including the importance of managing parental stress, self-care and social support, monitoring screen time, youth mental health, and finding joy in parenting. While all are welcome, the group will be primarily geared toward middle and high school parents. This six session group will be co-led by a clinical therapist and Masters level intern and will be free of charge.

All six sessions will be held virtually on Tuesdays at 12:00 (noon), beginning October 1st. For questions and registration, please email Cate at cgoetschius@syfs-ma.org@syfs-ma.org. Please note that we will require cameras to be on to promote a positive and cohesive group experience.

This group is made possible through the generous support of the Reliant Foundation.