

## PEER MENTORING FOR PARENTS

The CFD's Peer Mentoring for Parents Program increases personal well-being and professional productivity by empowering learning and problem-solving in a space of trust and both practical and emotional support.

Meetings are organized and facilitated by the CFD in conjunction with the Department of Medicine (DOM) Parental Wellness Program for these parental groups:

- Parents of children from newborns through preschoolers **who identify as fathers\*** **We are particularly interested in building this group!**
- Parents of children from newborns through preschoolers who identify as mothers\*
- Parents of **elementary school age** children
- Parents of **middle and high school age** children



*\*We encourage individuals of all gender identities and methods of family building in our program! For our early parent groups, we encourage you to pick the group that you feel might be the best fit, and please email us at [parentalwellness@mgh.harvard.edu](mailto:parentalwellness@mgh.harvard.edu) (or email [Anne Levy](#)) if you have any questions about potential discussion themes or suggestions regarding inclusive language.*

If you are MGH faculty and a parent in one of these categories interested in joining a peer mentoring cohort, please contact Anne Levy, Senior Program Manager, at [alevy@mgh.harvard.edu](mailto:alevy@mgh.harvard.edu), with the following information:

- Name, degree, rank, department
- Contact information
- Birth dates of child(ren)
- Group you would like to join
- (optional) what you would like to discuss/get out of the peer mentoring experience

[Email info to Anne Levy](#)