FIU Center for Children and Families
Florida International University



THE CHILDREN'S TRUST | Parent Club

You Don't have to Do This Alone: Join Our FREE Parent Connection Group for Parents of Tweens and Teens

Parenting is one of the hardest — and most important — jobs in the world. Whether you're navigating school stress, home responsibilities, disagreements, family changes, outbursts, or your own emotions, you deserve a space to be seen, heard, and supported.

Led by trained facilitators

The group is built on mutual respect, deep listening, and the power of community. Whether you're feeling overwhelmed or just want a place to connect, you are welcome here.

We're saving you a seat — because parenting is a journey no one should have to travel alone.

Join our Parent Connection Group — a safe, confidential, and non-judgmental space where you can connect with other parents, share your experiences, and get the support you need. These groups are inclusive and built on the belief that you are already enough — and that you don't have to figure it all out alone.

What to Expect?

- A calm, grounding start to each session
- A supportive space to speak without interruption or advice
- Real talk about the challenges (and joys) of parenting
- A chance to connect, reflect, and refuel emotionally
- Come as you are, share if you want

WHERE?

FIU Center for Children and Families
Academic Health Center 1
1250 SW 108th Ave, Miami, FL 33199

WHEN?

- 2/26/2026 6:00 PM - 7:30 PM
- 3/5/2026 6:00 PM - 7:30 PM
- 3/12/2026 6:00 PM - 7:30 PM

REGISTER HERE:

COST: FREE