



# STRESSED RAISING YOUR 16-24-YEAR-OLD?

## Support Group for Parents of Young Adults

This gathering of parents/guardians of young adults **ages 16-24** will provide support around young adult's behavioral and mental health challenges. Topics for discussion include adjusting to living with a young adult, setting boundaries with the young adult, tips for helping your young adult to gain independence such as work or school, and assisting your young adult in moving out when it is time for them to do so. In addition, you will have opportunity to ask questions related to your understanding of your young adult's mental illness.

## 4-Week Series

Your choice of 4 afternoons or 4 evenings

Wednesdays

September 12th, 19th, 26th & October 3

1:00 - 2:00pm **SNACKS INCLUDED**

OR

Mondays

September 10, 24 & October 1, 8

6:00-7:00pm **PIZZA INCLUDED**

All groups will meet at 431 River Street in Waltham

Call Kelley at  
781-966-5644 or email  
[Kelley\\_Daron@waysideyouth.org](mailto:Kelley_Daron@waysideyouth.org)  
**BY SEPTEMBER 9<sup>th</sup>**  
to reserve your space in one of  
these two 4-week support groups.

Groups will be held with a  
minimum of 3 caregivers and a  
maximum of 10.