



Helping Parents Help Their Kids

ARCH (Area Residents Caring & Helping) is a coalition of parents, educators, and community members committed to promoting the wellbeing of youth in Tredyffrin and Easttown Townships. We serve as a resource to parents and families in our community, addressing topics impacting children and youth such as technology, substance use and mental health.

Programs for the 2025–2026 School Year

Parent to Parent Meetings

Monthly meetings at Easttown Library for parents to connect on topics/concerns related to raising teens.

Click [here](#) for schedule.

Transition to Middle School

Effects of Nutrition on
Mental Health

**For more information on monthly meeting
dates and details for events visit...**

www.archcares.org