



NAMI

National Alliance on Mental Illness

**Central
Middlesex**



NAMI PRESENTS

TTAPS

(TEENS TO ADULTS PARENT SUPPORT GROUP)

Experts agree that children and adolescents are growing up in an increasingly complex and stressful world full of social and academic challenges. Some of our kids are struggling to manage these challenges due to biological, psychological, and/or social issues.

The National Alliance on Mental Illness (NAMI) Central Middlesex is now offering a support group specifically for parents (and other caregivers) of adolescents and transitional age youth struggling with emotional and mental health difficulties.

Open to everyone and free to all participants, this support group is hosted by trained volunteer facilitators.

We meet every 2-weeks

on Thursday Evening

at 7:00 PM – 8:30 PM

via Zoom

[TTAPS Group Meeting Calendar](#)

INTERESTED IN LEARNING MORE?

Email: ttapsgroup@gmail.com