



PARENTS HELPING PARENTS

in Central New Jersey

*Join us for confidential monthly meetings
free to parents and caregivers!*

For parents
concerned about
their kids who
struggle with
anxiety, depression
and/or emotional
dysregulation.***

For more info: centralnjpsn@ymhproject.org

Location provided with RSVP

NEW MEMBERS ALWAYS WELCOME!

*The term "parents" is used to describe any adult caregiver, including guardians, parents, grandparents, foster or step-parents, of a young person between ages of 0 and 24.

**ANY CHILD CAN STRUGGLE WITH EMOTIONAL, MENTAL OR BEHAVIORAL HEALTH AT ANY TIME; YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS IN ORDER FOR YOU TO BENEFIT FROM THE NETWORK.