## **Parent Support Group**

Parenting can be very rewarding , but can also be very challenging at times. It can make you feel overwhelmed and isolated.

The High School of Sports Management is running a Support Group for parents.

## Starting Thursday, April 27th, 2023 at 6:00PM- 7:00PM



## There are many benefits to joining the Parent Support group.

- A great way to meet other parents for emotional and practical support.
- Learn practical skills from our Social Worker.
- Get support with the challenges you have and offer emotional support to others.

Please sign up and a Zoom link will be sent to you. Hope to see you there!



