

# NAMI

*National Alliance  
on Mental Illness*

## Parent Support Groups in Arlington

### *Still Meeting Virtually!*

These groups are geared to parents whose child is experiencing symptoms of a mental illness, including: depression, anxiety, eating disorders, mood disorders and more. No diagnosis is required to participate. Participants are given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

#### **School Age Students and Teens (PK-12) for 2021**

Sundays 7-8:30pm

Dec 5            Apr 10, 24

Jan 9, 30        May 8, 22

Feb 13, 27      Jun 5, 19

Mar 13, 27

Cherrydale Baptist  
3910 Lorcom Lane, 22207  
Building Entrance 16, Rm 118

#### **Older Teens and Young Adults**

3rd Sundays 1-3pm

Trinity Presbyterian Church  
5533 16th St N, 22207

### **Questions?? Contact...**

PK-12: Michelle Best (mczero@yahoo.com)

Adults: Naomi Verdugo (verdugo.naomi@gmail.com)

Both: Alisa Cowen (acowen@cowendesigngroup.com)