

Is your child struggling
with anxiety or depression?

Talk it Over
with other parents who understand

LISTEN. LEARN. SHARE. Navigating the teen years is tough. It's even tougher when your child is struggling with anxiety or depression. Our peer support group is designed to be a safe, confidential place to share your experiences and learn from others. We invite you to join our peer support group for parents with a middle school or high school child who is challenged with mental health symptoms.



- What:** Parent Peer Support Group (nondenominational)
Facilitated by Nancy Dever and Debbie Gillespie
(Look for "PSAD" on church calendar -
Parent Support for Anxiety and Depression)
- When:** Wednesday nights, 6:45 pm – 8:15 pm
- Where:** Wayne Presbyterian Church
125 E. Lancaster Avenue, Wayne
Room 207
Park in lot behind church or across Lancaster Avenue.
Parking is free after 6:00pm
- Contact:** For questions or to RSVP please contact
Nancy Dever 610-574-3319 or nancydever@comcast.net