



Free Parent Support Groups

All groups run on Mondays at 5 PM PT | 6 PM MT | 7 PM CT | 8PM ET

Parents of Teens

For parents, grandparents, or guardians of teens who struggle with mental health issues. Led by skilled and experienced staff to build connection, community, and compassion.

Young Adults

For parents, grandparents, or guardians of young adults who struggle with mental health issues. Led by skilled and experienced staff to build connection, community, and compassion.

LGBTQIA+

For parents, grandparents, or guardians of teens and young adults who identify with the LGBTQIA+ community and struggle with mental health disorders. Led by skilled and experienced staff to build connection, community, and compassion.

Parent Support for Families of Color

For parents, grandparents and guardians of teens and young adults who identify as Black, Indigenous and People of color and struggle with mental health disorders. Led by skilled and experienced staff to build connection, community, and compassion.

*This group is open to both parents and caregivers who identify as BIPOC and to parents and caregivers who have children who identify as BIPOC.

El Grupo de Cuidadores en ESPAÑOL

Para padres, abuelos o tutores que hablan español de adolescentes y adultos jóvenes que luchan con trastornos de salud mental. Dirigido por personal capacitado y experimentado para construir la conexión, la comunidad y la compasión. For Spanish-speaking parents, grandparents, or guardians of teens and young adults who struggle with mental health and substance use disorders. Led by skilled and experienced staff to build connection, community, and compassion.

Neurodivergent Parent Support Group

Join us for a parent and caregiver support group to learn more about how to support and understand your neurodivergent teen or young adult child. Led by neurodivergent-competent therapists at Charlie Health.