



Parent Support Group

Facilitator: Meredith Gilliam, LMSW

Are you struggling with parenting?

Are you stressed due to the pandemic, trying to work from home and/or manage homeschooling?

YOU ARE NOT ALONE!

Family Medical Center of Michigan's Parent Support Group will assist you with:

- Coping skills
- Parenting tips
 - Anxiety
 - Depression
- Developing a support network
- Having a safe place to vent!

If you are interested, please contact Shannon Lorentz at:

734-347-2048