

PEDIATRIC BEHAVIORAL
HEALTH & WELLNESS

Parent Support Group

Pediatric Behavioral Health
and Wellness (PBH&W)

1860 South Avenue, 1st Floor
Rochester, NY 14620

200 E. River Road, 3rd Floor
Rochester, NY 14623

golisano.urmc.edu/behavioralhealth

Part of Strong Memorial Hospital



Parenting can be difficult under the best circumstances. However, when your child is dealing with emotional, behavioral, or mental health concerns, parenting can feel isolating and overwhelming. We want to assure you that you are not alone.

Our parent support groups, facilitated by our Certified Family & Peer Advocates, offer a safe and confidential space for parents and guardians to connect with others who understand what you are going through.

Parent groups are self-care.

It is so important to have a support system—it gives hope and validates our feelings. Parent support groups provide an invaluable space for parents and caregivers to connect with others who share their experiences. Our groups provide a supportive community that understands your unique challenges.

- Connect with other parents who understand your experiences
- Share your experiences and learn from others
- Gain new insights into your child's mental health needs
- Develop more effective coping strategies for managing difficult behaviors
- Build a supportive community of fellow parents and caregivers
- Receive emotional support and encouragement

If you have questions, please talk to your child's primary clinician.



Join Us on Zoom

Last Thursday of every month
(except holidays)
from 5:00 pm - 6:00 pm

zoom link:

<https://urmc.zoom.us/j/95066506049>

