



Peer Support for Parents with Anxiety

Are you a parent with anxiety? Parenting while anxious is really hard. Getting support from other parents going through the same thing can really help.

Join us virtually every Friday from 12:00 - 1:00 CST to get support and feel better.



Our certified Mental Health Peer Specialists can help to empower you through:

- social support
- community building
- problem solving
- advocacy
- finding resources
- coping skills and wellness

Visit our website to learn more about how Loving Parents can help you build community and raise your children to thrive!

www.lovingparents.org