



# CHARLIE HEALTH FAMILY PROGRAMMING

**FREE  
PARENT AND  
CAREGIVER  
SUPPORT  
GROUPS**



**Charlie Health Family Programming invites  
you to join our free open support groups.**

You can join them on Mondays any time you would like to. Please use the QR code below to sign up for one of our groups like:

- Parents and Caregivers of Adolescents
- Parents and Caregivers of Young Adults
- Neurodivergence and Your Family
- El Grupo de Cuidadores en Español (Spanish speaking only)



Charlie Health provides virtual mental health services for youth and young adults, including individual, group, and family therapy.



RSVP using the QR code

Mondays

5:00pm PT • 6:00pm MT • 7:00pm CT