



# Parents & Caregivers - Let's Talk About Mental Health

Wellness - Resiliency - Togetherness

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**Every Last Thursday of  
Every Month  
6 PM - 7PM**

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## Virtual Meeting -

We invite all parents and caregivers in Palm Beach County to join our once-a-month free psychoeducation group on mental health topics presented by one of our Families First therapists.

**For more information contact Patricia Goodrich  
at [PGoodrich@FamiliesFirstPBC.org](mailto:PGoodrich@FamiliesFirstPBC.org)**



**Families  
First**  
OF PALM BEACH COUNTY

