

Parents Mental Health Literacy



Parents of children with mental health needs and other special needs, often have to become experts on their children, their conditions, treatments, education, and community supports. This can feel overwhelming at times. As a parent, would you like a group to bounce ideas off of? Would it be helpful to have a mental health AND medical resource to ask questions to? Have you found useful tools, knowledge and resources that you could share with other parents? If you answered yes to any of these questions you should join the Parents Mental Health Literacy Group. Group topics will cover a variety of mental health promotion and literacy topics based of feedback from those parents participating in the group.

Who: Adoptive parents, biological parents, and foster parents

When: Thursday nights - 2/14, 2/28, 3/7, 3/14, 3/28, 4/11, 4/25,

Time: 5:30pm to 7:00pm

Where: 318 Susan Drive, Normal, IL 61761

The Parents Mental Health Literacy group will be facilitated by Becky Largent who is a licensed clinical social worker, registered nurse, and adoptive parent. Becky brings a unique perspective to The Baby Fold, having worked with children and families in foster care and trained as a psychiatric registered nurse.

If you are interested in participating in the Parents Mental Health Literacy group, please email blargent@thebabyfold.org to register.