

Support for Parents, Family, and Friends...

...who love and care for teenagers
with mental health challenges

when 2nd and 4th Wednesday of each month
from 6:30pm to 8:00pm

where REACH Academy
230 Jamacha Road
El Cajon, California 92019

**We meet in the portable buildings
across the street from the Burger King.**

Meet with other parents, family members, and friends who are going through the same experiences as you. This group does not diagnose or treat teenagers with mental health challenges. It is purely a forum to share struggles and successes. Child care is not provided.

For further information, email Vickie at <vs4mi@yahoo.com>.



**Depression and Bipolar
Support Alliance
of San Diego**