



## **2019 ATTACH Parent Support Meetings**

Parent Support Meetings are scheduled weekly on alternating Wednesday mornings at 11am and Thursday evenings at 8pm CT. Each month the Parent Advocate will encourage the group to explore a theme or topic which impacts parents raising children with attachment and trauma challenges. All parent members are welcome to join any meeting via the Go To Webinar program on their phone or computer and only need to register once.

For more information about this support group and how to join, please call 612-861-4222 or email ATTACH at [attachorg@gmail.com](mailto:attachorg@gmail.com). When contacting ATTACH let them know you are with MHS.

### **January**

***Good Grief: This isn't the life I signed up for and what can I do with that reality?***

Wednesday January 2, 2019 11am-12pm CT

Thursday January 10, 2019 8pm-9pm CT

Wednesday January 16, 2019, 11am-12pm CT

Thursday January 24, 2019 8pm-9pm CT

Wednesday January 30, 2019 11am-12pm

### **February**

***What's love got to do with it: Protecting our intimate adult relationships in the chaos of raising challenging kids.***

Thursday February 7, 2019 8pm-9pm CT

Wednesday, February 13, 2019 11am–12pm CT

Thursday, February 21, 2019 8pm-9pm CT

Wednesday, February 27, 2019 11am–12pm CT

### **March**

***Scaffolding and Supporting vs Enabling our children. Can we love them 'too much?'***

Thursday, March 7, 2019 8pm–9pm CT

Wednesday, March 13, 2019 11am–12pm CT

Thursday, March 21, 2019 8pm–9pm CT

Wednesday, March 27, 2019 11am–12pm CT

### **April**

***I just didn't know: How can we identify and address parental guilt?***

Thursday, April 4, 2019 8pm-9pm CT

Wednesday, April 10, 2019 11am–12pm CT

Thursday, April 18, 2019 8pm–9pm CT

Wednesday, April 24, 2019 11am–12pm CT

### **May**

***I'm tired of pretending it's all OK: What steps can I take to start being honest again?***

Thursday, May 2, 2019 8pm–9pm CT

Wednesday, May 8, 2019 11am–12pm CT

Thursday, May 16, 2019 8–9pm CT

Wednesday, May 22, 2019 11am–12pm CT

Thursday, May 30, 2019 8pm–9pm CT

### **June**

***Feeling Overwhelmed: Nothing ever changes. Where do I go to quit? (every parents fantasy)***

Wednesday, June 5, 2019 11am–12pm CT

Thursday, June 13, 2019 8pm–9pm CT

Wednesday, June 19, 2019 11am–12pm CT

Thursday, June 27, 2019 8pm–9pm CT

## July

***I'm scared. What if they never move out? What resources and ideas are out there to help me?***

Thursday, July 3, 2019 8pm–9pm CT

Wednesday, July 11, 2019 11am–12pm CT

Thursday, July 17, 2019 8pm–9pm CT

Wednesday, July 25, 2019 11am-12pm CT

Thursday, July 31, 2019 8pm-9pm CT

## August

***Love/Hate: Our relationship with IEP/504. What's the point?***

Thursday, August 8, 2019 8pm-9pm CT

Wednesday, August 14, 2019 11am–12pm CT

Thursday, August 22, 2019 8pm – 9pm CT

Wednesday, August 28, 2019 11am – 12pm CT

## September

***Why are transitions still so hard? For parents and kids-what can help?***

Thursday, September 5, 2019 8pm-9pm CT

Wednesday, September 11, 2019 11am–12pm

Thursday, September 19, 2019 8pm – 9pm CT

Wednesday, September 25, 2019 11am – 12pm

## October

***Self-care is a great idea. But honestly-how?***

Thursday, October 3 \*No meeting – Conference

Wednesday, October 9, 2019 11am – 12pm CT

Thursday, October 17, 2019 8pm – 9pm CT

Wednesday, October 23, 2019 11am-12pm CT

Thursday, October 31, 2019 8pm-9pm CT

## November

***What do all the letters mean? Untangling (and living with) multiple diagnosis. (Does it matter?)***

Wednesday, November 6, 2019 11am–12pm CT

Thursday, November 14, 2019 8pm–9pm CT

Wednesday, November 20, 2019 11am-12pm

Thursday, November 28, 2019 8pm-9pm CT

## December

***How can we cope at the holidays? Learning how to find joy when life isn't a Hallmark greeting card.***

Wednesday, December 4, 2019 11am-12pm CT

Thursday, December 12, 2019 8pm–9pm CT

Wednesday, December 18, 2019 11am-12pm CT

Thursday, December 26, 2019 8pm-9pm CT