



**Talk with other Belmont
parents about parenting
teens and tweens for mutual
support and learning.**

**Belmont Wellness Coalition's
PARENTING GROUP**

**2nd Tuesdays of the Month
6-7pm on Zoom**

Topics Include:


- **Mental Health Awareness**
- **Screen Time, Social Media**
- **Relationships & Dating**
- **Talking about Substance Misuse**
- **Teen Stress: Academics, Peers, etc.**
- **And more!**

Email

Sophia_Suarez-Friedman@WaysideYouth.org

**if you are interested
in participating.**

WAYSIDE
YOUTH & FAMILY
SUPPORT NETWORK
Building Strength, Hope & Resiliency

BWC 
BELMONT WELLNESS
COALITION