

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

Belmont Wellness Coalition's

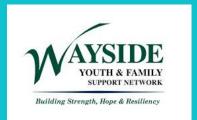
PARENTING GROUP

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
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if you are interested in participating.

