Parents Supporting Parents (PSP)

FREE Virtual Support for ALL CAREGIVERS of students in K-12

Each month, bryt will be hosting opportunities to learn and connect with other parents/caregivers. The month will kick-off with a *learning session* where a guest or a panel of guests will discuss a topic. There will be opportunities for Q&A from parents.
Each week that follows, there will be a *support group* on that topic for parents/caregivers.

PLEASE JOIN US



The bryt Family Engagement Team warmly invites you to participate in our monthly Parents Supporting Parents support groups:

- Thematic support groups based on topics identified by other parents.
- A confidential, non-judgmental & safe place for parents to process their own emotions as they support their child's mental wellness.
- Parents share & receive support from others who may be going through similar experiences.
- Discuss options and resources other families have used in helping their child.
- Hosted by a bryt Family Engagement specialist via Zoom.
- PSP groups are peer-to-peer and not designed to supplement mental health treatment.

Still not sure if this is for you?
Click HERE to hear from a parent who has been attending PSP.



SEE LINKS ON THE NEXT PAGE!

Monthly Themes for 2023-2024

SEPTEMBER: Supporting Your Child Who Struggles to Go to School

- 9/12 7-8pm EST/4-5pm PST PRESENTATION link HERE
- Support Groups start in October

OCTOBER: What Parents Need to Know from Kids about Supporting Their Mental Health

- 10/3 7-8pm EST/4-5pm PST PRESENTATION [youth panel] link HERE
- 10/10 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 10/17 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 10/24 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

NOVEMBER: Communicating Around Conflict: Big Feelings & Hot Tempers

- 11/7 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 11/14 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 11/21 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 11/28 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

DECEMBER: Maximizing Joy in Your Family Life

- 12/5 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 12/12 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 12/19 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- TBD 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

JANUARY: Parenting Your Child who has Self Harming Behaviors

- 1/2 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 1/9 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 1/16 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 1/23-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

FEBRUARY: Everything You Ever Wanted to Ask About Crisis Services

- 2/6 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 2/13 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 2/20 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 2/27 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

MARCH : The "Well Sibling Syndrome: *Supporting your child when their sibling has significant mental health challenges*

- 3/5 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 3/12 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 3/19 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 3/26 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

APRIL: Parenting a Child who is Using Recreational Substances

- 4/2 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 4/9 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 4/16 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 4/23 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

MAY: Parenting in the Age of Technology: *Raising Humans in a Digital World*

- 5/7 7-8pm EST/4-5pm PST PRESENTATION link HERE
- 5/14 7-8pm EST/4-5pm PST Support Group for elementary parents link HERE
- 5/21 7-8pm EST/4-5pm PST Support Group for middle/HS parents link HERE
- 5/28 7-8pm EST/4-5pm PST Support Group for BIPOC parents link HERE

***** Need additional support? Check out our Family Support Resources *****

MEET THE TEAM BELOW....



Lakeysha Wilson: I grew up in Toronto, Canada and relocated to Boston, MA in 2002 for work after I graduated from college. My family and I relocated to Atlanta, GA in 2018. I currently hold a LMSW license, I have been working with youth, and families in different settings for about 20 years as direct care youth worker, protective services social worker, and a case manager. I am currently a social worker at a pediatric outpatient clinic where I assist families problem solve psychosocial issues and provide them with community resources when needed. In my spare time, I enjoy watching movies, being outdoors, and traveling. I love spending time with my son, MJ and my husband Mike.



Victor Bradley BS Wheelock College. With my 30 years of experience teaching in early childhood classrooms, training, consulting at schools, universities, conferences, and workshops, I bring a deep commitment to social justice. I have organized and led meetings for parents and various communities on different development topics including mindfulness, social-emotional learning, and gender. I have also served as a mentor for both graduate and undergraduate student interns from various Boston area colleges and universities. I am now in a position with all this hands-on knowledge and experience to be a mentor and coach to parents, and young people in my social justice consulting business here in Boston MA. In my spare time, I enjoy listening to all kinds of music, connecting to nature on walks on the beaches & woodland areas, cooking delicious meals, practicing the healing art of Reiki. I also love spending time with my 13-year-old daughter Hazel and partner Sabina. I am thrilled to be part of the bryt community!



Julie Patton has spent the last 30 years teaching in both middle and high schools as a health educator working with students to understand more about mental health and how to manage their mental wellbeing. She holds a masters degree in education and is a certified Yoga Calm instructor. Currently she is the bryt coordinator at EGMS in Redmond, Oregon and is the mom to four amazing humans (including twins) ages 26, 23, 18 and 18. In her free time you can find her reading a book, sewing or jogging on the trails near her home.

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A new bryt Family Engagement Team member will be coming soon!