

FAMILY SUPPORT PROGRAM SUGGESTIONS

Charlie Health



Families

Child is in DBT LGBTQIA+ groups

Parent Support: LGBTQIA+

- Monday @6pm MT

LGBTQIA+ 101 Workshop

- Tuesday @7pm MT

Parent wants to know more about what their child is learning in IOP

PS: ADOL

- Monday @6pm MT

PS: YA

- Monday @6pm MT

IOP Roadmap

- Tuesday @6pm MT

IOP Journey for Families:

Mindfulness & Self-Compassion

- Thursday @5pm MT

Child is in Neurodivergent track

PS: Neurodivergence & Your Family

- Monday @6pm MT

Neurodiversity 101

- Tuesday @6pm MT

Parents are struggling with managing child's behavior

Family Meeting Skills

- Wednesday @6pm MT

Parent Skills

- Thursday @6pm MT

Parents are Spanish speakers

PS: Spanish

- Monday @6pm MT

Apoyo familiar y Orientación

- Wednesday @5pm MT

Recent loss or grief of any kind in family

Creative Coping

- Tuesday @6pm MT

Understanding Loss

- Wednesday @7pm MT

Self-Care Saturday

- Saturday @12pm MT

Sibling of CH client

Sibling Support (ages 11-17)

- Tuesday @5pm MT

Self-Care/ Mindfulness groups for parents

Demystifying Mindfulness

- Wednesday @12pm MT

TLC for Parents

- Thursday @12pm MT

IOP Journey for Families:

Mindfulness & Self-Compassion

- Thursday @5pm MT

Self-Care Saturday

- Saturday @12pm MT