

*Parent to Parent Support Group
For Raising Kids who have Issues with:
Mood, Anxiety and/or Depression*

For More Information and to RSVP

Contact either:

Randi Silverman at Randisilv@aol.com

OR

Pam Moskowitz at pammosk@yahoo.com

7:00pm
Tuesday, January 10th

A Private Residence in Armonk
(address provided with RSVP)

WE'VE GOT ISSUES!

*JOIN US FOR A FREE, CONFIDENTIAL AND
INFORMAL SUPPORT GROUP IN WESTCHESTER, NY*

Learn to help. Learn to cope.

- **Ideas that help you take care of yourself and your family**
- **A chance to share your experience and to learn from others**