

Parent (and Caregiver) Cafe

Meets online Wednesdays 12:00 12:45 pm

Free to join. Call (603) 437-8477 x126 for access.

Parent Cafe is a supportive virtual group for parents and caregivers raising teenagers. It is designed to discuss teen-related concerns. Sessions begin with a few minutes of resources and guidance and is then open for questions, concerns, and idea seeking from anyone attending.

2026

September

- 2- Anxiety and back to school issues
- 9- Boundaries, limit setting, and consequences
- 16- Your Teens Brain is Going Through Massive Changes right now!
- 23- Open conversion about teen concerns
- 30- Parties and Sleepovers things to consider

October

- 7- Open conversion about teen concerns
- 14- Dating Violence
- 21- Helping my teen understand substance use and addiction
- 28- Helping my teen navigate their anger

November

- 4- Risks – Alcohol, drugs, and more
- 11- No Meeting
- 18- Eating Disorders -What are they and who to contact
- 25- No Meeting

December

- 2- Open conversion about teen concerns
- 9- Anxiety and school issues
- 16- Bullying and Cyberbullying
- 23 & 30 No Meetings

2027

January

- 6- What is self-harm? Is my child at risk?
- 13- Open conversion about teen concerns
- 20- Social Media Red Flags
- 27-

February

- 3- Open conversion about teen concerns
- 10- Social media apps and teen safety
- 17- Bullying and Cyberbullying
- 24- Risks – Alcohol, drugs, and more

March

- 3- Open conversion about teen concerns
- 10- Setting expectations for end-of-year events, parties, and prom
- 24- Dating Violence
- 31- Your Teens Brain is Going Through Massive Changes right now!

April

- 7- Open conversion about teen concerns
- 14- Helping my teen understand substance use and addiction
- 21- What is self-harm? IS my child at risk?
- 28- Boundaries, limit setting, and consequences

May

- 5- Open conversion about teen concerns
- 12- Setting expectations for end-of-year events, parties, and prom
- 19- Dating Violence
- 26- Anxiety and school issues

June

- 2- Open conversion about teen concerns
- 9- Bullying and Cyberbullying
- 16- Parties and Sleepovers things to consider
- 23- What is self-harm? Is my child at risk?
- 30- Risks – Alcohol, drugs, and more

