

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 free supportive virtual group for parents and caregivers raising teenagers. It is designed to discuss teen-related concerns. Sessions begin with topics, resources and guidance and are 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 teen's 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 Boundaries, limit setting, and consequences

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 teen's 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