



# PARENT GROUP

**For parents and caregivers with teenagers who are experiencing any challenges with mental health and/or alcohol and other drug treatment.**

We will work through strategies, share ideas and walk alongside you.

## WHEN:

Every Monday from  
05<sup>th</sup> February - 01<sup>st</sup> April at:  
**6:30pm - 8:00pm**

## WHERE:

**98 Greers Road,  
Burnside, Christchurch**  
Light refreshments provided.

## BENEFITS:

- Together we provide facilitated and peer supported dialogue.
- Meet new people.
- Gain and share experiences and knowledge.
- Be a part of a supportive group.

## CONTACT:

Mark Radford:  
[mark.r@odysseychch.org.nz](mailto:mark.r@odysseychch.org.nz)  
021 479 736

