Parent Support Group

Facilitator: Meredith Gilliam, LMSW
Start Date: June 10, 2020
Day and Time: Wednesdays 10:00 am
Format: Telehealth / Video

Are you struggling with parenting?
Are you stressed due to the pandemic, finances, trying to work from home and/or manage homeschooling?

YOU ARE NOT ALONE!

Family Medical Center of Michigan’s Parent Support Group will assist you with:
- Coping skills
- Parenting tips
  - Anxiety
  - Depression
- Developing a support network
- Having a safe place to vent!

If you are interested, please contact Shannon Lorentz at:
734-347-2048
Are you wondering if you should seek out therapy or some type of treatment for any of the following concerns? Do you need someone to help you figure out the best way to cope with any of these issues?

- Depression
- Anxiety
- Trauma
- Stress
- Emotional ups and downs
- Difficulty coping with issues -COVID-19
- Family issues
- Recent adjustment or loss
- Substance use

Do you have any other concerns that have been weighing on your mind? Trouble sleeping, lack of concentration, feeling unsettled?

Family Medical Center is here to help and guide you during your time of stress.

Until August 31st Family Medical Center of Michigan will be offering free screenings to help you answer these questions at NO COST TO YOU OR YOUR INSURANCE COMPANY! This free screening is for anyone 65 or over and teens between the ages of 13-18.

Please call the following numbers today to get scheduled!

- Lenawee County (517) 263-1800
- Monroe County (734) 654-2169
- Wayne County (313) 969-3812

Family Medical Center of Michigan– We are here for you!
FEELING WORRIED ABOUT COVID-19?
EXPERIENCING STRESS IN GENERAL?

Family Medical Center of Michigan has trained staff you can talk to on the phone who will:

- Teach you coping techniques
- Assist with stress management
- Help you get through this difficult time
- Listen to your concerns

CALL FMC TODAY TO GET SCHEDULED!

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