

JOIN US FOR

# Conversations with CMHRC

Below are the upcoming topics, dates  
and times of the groups.



1

ADHD: Understand what ADHD looks like, how it presents and effective ways to implement parenting skills with a youth who has ADHD.

Groups dates: March 22nd @ 12:00 pm & March 23rd at 6:00 pm

2

Anger management: Develop a deeper understanding of what anger is in youth, and learn effective ways to support and guide your youth when they are struggling.

Group Dates: April 12th @ 12:00 pm & April 13th at 6:00 pm

3

Anxiety & Depression: Learn a deeper understanding of depression and anxiety & how to help your youth who is experiencing anxiety and depression cope in a healthy way

Group dates: April 26th @ 12:00 pm & April 27th @ 6:00 pm

4

conflict Management: Gain insight into how to deescalate escalating situations with your youth. Understand how to pick your battles and much more

Group Dates: May 10th @ 12:00 pm & May 11th at 6:00 pm

5

Parenting Skills: Learn effective parenting skills to use with youth who are struggling with Mental Health diagnosis

Group Dates: May 24th @ 12:00 pm & May 25th @ 6:00 pm

6

Improving Communication with your youth. Learn effective ways to communicate with your youth, and minimize escalating situations

Group Dates: June 7th @ 12:00 pm & June 8th @ 6:00 pm

For any questions or to register for any of these groups  
email us at: [Amber.Jennings@vcuhealth.org](mailto:Amber.Jennings@vcuhealth.org)

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Below are the upcoming topics, dates  
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1

Helping In a Mental Health Crisis: Learn how to respond when your youth is having a mental health crisis.

Groups dates: June 21st @ 12:00 pm & June 22rd at 6:00 pm

2

Safety Planning: Develop effective parenting skills to ensure that your youth is safe in the home and community setting.

Group Dates: July 5th @ 12:00 pm & July 6th at 6:00 pm

3

LGBTQ: Learn the basics on how you can support your youth who identify with the LGBTQ Community.

Group dates: July 19th @ 12:00 pm & July 20th @ 6:00 pm

4

Community Education Group: Parents, care givers and fellow Clinicians please join us to learn about the various community resources available in our community

Group Dates: August 9th @ 12:00 pm & August 10th at 6:00 pm

5

Safety in Schools: Learn effective ways to support, and talk to your youth about school safety, gun safety and how to maintain your own anxieties regarding the safety of your child while at school

Group Dates: August 23rd @ 12:00 pm & August 24th @ 6:00 pm

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