



Navigating Summer Vacation with your Teen During Covid-19

With shelter-in-place orders in effect, millions of teenagers are now stuck at home with nothing to do. At first they probably were excited about staying home from school, but by now the novelty may have worn off or furthermore, your youth may be depressed and anxious about the situation. So what can you do with summer break approaching when movie theaters, amusement parks, restaurants, and bowling alleys are closed? How do you keep your youth hopeful when everything things seem dim? How do you ensure that your youth does not become depressed or anxious during the COVID-19 pandemic?

Attend Rosecrance Virtual Parent Cafe: Navigating Summer Vacation with Your Teen During Covid-19 to receive support and information for our staff and other parents who are going through similar experiences. You can learn what is working for others and develop a strategy that makes sense for you.

Goals of the virtual support group

- To show how you can support your teen who may be struggling with mental health issues during the Covid-19 pandemic
- To give parents tools to strengthen their parenting skills during the upcoming summer vacation, such as helping their youth manage free time
- To facilitate parents supporting each other and learning ways to manage stress
- To address behavioral health concerns, such as a depression and anxiety

**Group held in June and July 2020
Mondays from 5-6:30 pm**

Target population

Parents of children ages 12-18

Facilitators

Ashley Flanagan, QMHP, and
Amanda Labarbera, LPC

Background information on Rosecrance Parent Cafe

At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our Parent Café.

Rosecrance organizes confidential, free support groups open to all parents and/or guardians. These support groups will be held virtually and requires participants to register in advance. A behavioral health counselor will be available online and will facilitate the group.

**Contact Ashley at
aflanagan@rosecrance.org
or 815.218.1553
to register.**

We can help.



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