

## Parents Supporting Parents (PSP)

**FREE Virtual Resource for ALL Caretakers**

- Are you struggling with parenting during the pandemic?
- Are you worried about your child's mood and/or behaviors?
- Is everyone in your house tired of each other?
- Are you missing connection with other adults?
- Could you use a "time-out"?



*Did you answer, "yes" to any of these questions? So did we!*

The BRYT Family Engagement Team invites you to participate in our weekly Parents Supporting Parents group where parents can get & receive support from each other.

**Still not sure if this is for you???**

Click [HERE](#) to hear from a parent who has been attending PSP.

### Meeting links:

- ❑ MONDAYS AT 7:00 PM, EST, [CLICK HERE](#) PASSWORD: 344167  
\*\*\*BIPOC (Black, Indigenous and People of Color) Parent Support Group \*\*\* [CLICK HERE](#)
- ❑ TUESDAYS AT 7:00 PM, EST [CLICK HERE](#) PASSWORD: PARENTS
- ❑ WEDNESDAYS AT 7:00 PM, EST [CLICK HERE](#), PASSWORD: PARENTS
- ❑ THURSDAYS AT 7:00 PM, EST [CLICK HERE](#) PASSWORD: P2PGROUP!
- ❑ JUEVES A LAS 6:00 PM, EST [en zoom o audio](#) contraseña es PADRES [Grupos de apoyo de padres a padres DURANTE COVID-19 VOLANTE](#)

\*The purpose of these groups is to give parents an opportunity to give and receive support to each other. PSP groups are not designed to supplement mental health treatment. \*Confidentiality Agreement - In order to create a safe space for all we ask that by participating in a group you are acknowledging to also keep all information including names, schools, etc. confidential.

\*\*\* Need additional supports check out our [Family Support Resources](#) \*\*\*

**KEEP SCROLLING AND MEET THE TEAM BELOW....**



**Lindsey Yamaguchi**, LICSW, has over 15 years of experience providing counseling and parent guidance to teens and families. Currently, she is the Clinical Coordinator of the BRYT Program at Wellesley High School. Prior to this, she worked in community mental health and provided therapy to children, teens, and adults. Lindsey is a parent to two kids ages 9 and 6. During this pandemic, she's found it helpful to be in nature, take breaks from the news and binge watch BBC dramas.

**Meet Lindsey on Thursdays at 9:00 AM EST**

**Karrah Briley**, LICSW has been working with kids in schools for 13 years. Karrah has spent time working in private practice as well as inpatient psychiatric care. Karrah went back to school in 2018 to become an integrative nutrition health coach. Currently, she is the Clinical Coordinator of the BRYT Program at Triton High School.

Karrah is a mom to two boys, 11 and 15 years old. The pandemic really forced her to slow down and do the things she enjoys. She didn't read a single book last year. During the closures she read ten!

**Meet Karrah on Wednesdays at 7:00 PM EST**



**Sue Donofrio**, LMHC, ATR-BC has 21 years of experience working in different settings with youth as an art therapist, clinician and school adjustment counselor. Currently, she is the Clinical Coordinator of SHS BRYT program at Shrewsbury High School and is also a certified yoga instructor.

Sue is a mom to three active (read: noisy) boys of 13, 11, and 7 years old. Hiking or running in nature with her dog Wren is her preferred self care.

**Meet Sue on Tuesdays at 7:00 pm EST**

**JoAn Monplaisir**, LCSW-C has over 10 years of experience working with children and families in varying capacities. As a Haitian American, native of Brooklyn, NY, she currently resides in Maryland and works as a pediatric hospice clinical social worker, supporting young children, older adults, and their families through the dying process. She also practices as a full spectrum birth & postpartum doula. JoAn finds solace in tending to her indoor garden, listening to audiobooks/podcasts, and breaking out into random solo dance parties when the mood strikes... which is always! **Meet JoAn on Mondays at 7:00pm EST**



**Dorimar A. Diaz**, MSW, LCSW ha trabajado en el campo de la salud mental durante más de 10 años en diversas capacidades. Como persona de la ciudad de Puerto Rico, estoy orgullosa de poder ofrecer apoyo a los padres/cuidadores en nuestro idioma. Dorimar tiene experiencia trabajando como terapeuta completando la terapia individual, familiar y de pareja, así como facilitando muchos grupos! Dorimar se graduó de Boston College en 2015.. Actualmente, Dorimar es el Coordinador del Programa BRYT y clínico en Holyoke High School! En su tiempo libre, Dorimar disfruta pintando, viendo documentales y bailando en su sala de estar! **Pueden a conocer Dorimar los Jueves a las 7pm EST**