



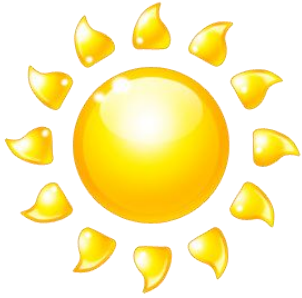
The Mental Health Association's Better Days Ahead proudly presents their new on-line support group for parents of children with mental health challenges.



Is the weather getting you down?
Have you been cooped up too long with the kids? Can't get out of the house to get support?

You don't have to leave your home if you have a computer a working internet connection...below is the link to BDA's new group. You must register before you can join the live on-line meeting. Follow the link below:

<http://www.bdaonlinesupport.org//index.php?action=login> by either copying and pasting the link into your browser or just clicking on the link if you are reading this on your computer and have an internet connection.



We may not be able to make the sun shine, but we think you'll find that there can be Better Days Ahead for you and your family.

Register today as a member. You can read the posts and polls, but the Families Only room where the meeting will take place is for registered members only. Fill out the registration form with your email address and an email will be sent with a link in it so that you can confirm the registration. Then the administrator (that's me) will grant you access to the Families Only room so you can join us when support begins.

Guests and newbys can read the posts of information, but only registered members can be part of the support. My name is Debbie Bartlett and I am the retired Vice President of the Mental Health Association for Better Days Ahead. I have raised 3 boys with serious emotional and behavioral challenges. Only family members raising a child with an emotional or behavioral challenge can join the group. For now we will have only 1 group, but as we add members we may break down groups by ages of the children to help give a clearer focus to the discussion. I am not a social worker or licensed professional. I am a parent like you. I am also not an expert but I have access to lots of information that I can share with you as time goes on. The EXPERTS are other parents like you who have or had children with mental health challenges. You can learn from each other what worked or what didn't. We'll talk about your child's rights to an education and I am a local advocate for special education. We will talk about System of Care Values including Family Driven and Youth Guided services and supports and how you can find them and what they should provide. Questions are welcome anytime. If this meets your need I hope you will join me on December 27th at 10 AM or at one of the future live meetings.