

# REAL Parent Support

monthly support group at Congregation Rodef Sholom

## Are you a parent of a young adult who:

- has mental health challenges?
- is struggling on the way to independent adulthood?
- is dealing with other challenges with which you would like support?

**REAL Parent Support is a monthly group for parents to connect with and support each other and share strategies for self-care.**

**First Thursdays, 7:00 – 9:00 pm**  
(ongoing, starting September 1)

Facilitated by parent and congregant Amy Barad in conjunction with Rabbi Stacy Friedman (who will attend most meetings).

RSVP to JoAnne Forman, REAL Mental Health Initiative Program Coordinator, at [joanne@rodefsholom.org](mailto:joanne@rodefsholom.org) or 415.479.3441.

**REAL** LIFE.  
PEOPLE.  
CONNECTIONS.

The Mental Health Initiative at Rodef Sholom

## From our facilitator, Amy Barad:

*As parents in Marin, we have abundant experience and resources to pull from when our kids face "typical" adolescent and young-adult challenges. **However, we are generally unprepared for the emotional roller coaster we experience when our child lives with mental illness or is struggling with independence.***

*Many of us have the support of our friends and family, but **sometimes we need to connect with other parents who have walked in our shoes - someone who knows what it's like** to live with uncertainty, to drop everything to deal with the current crisis, or to face daily endless challenges with no clear end game.*

***I invite you to join me in a supportive environment to talk about our experiences as parents, to share how we are coping with our challenges, and to offer each other support.***

## About Amy:

Amy and her family have been Rodef Sholom members for about 20 years. Married for 37 years, she and Seth have two sons in their 20's. She has participated in Rodef Sholom's Mental Health Initiative since inception, working on the mission statement and on projects.

For more information about the REAL Mental Health Initiative at Rodef Sholom, please visit our website at: [www.rodefsholom.org/our-community/mental-health-initiative](http://www.rodefsholom.org/our-community/mental-health-initiative).

Congregation Rodef Sholom | 170 North San Pedro Rd. | San Rafael, CA 94903 } 415.479.3441 | [www.rodefsholom.org](http://www.rodefsholom.org)

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