



THRIVE
PARENTING PROJECT

Holding Hope in Parenting

Our purpose is simple yet powerful: to empower parents to grow as resilient caregivers while building a compassionate **community where no one feels alone.**

PARENT SUPPORT GROUPS

At THRIVE, we fill a critical gap in support services for parents who continue to face immense stress and uncertainty even after their children have completed traditional treatment programs. We walk alongside parents navigating challenges such as maladaptive behaviors, emotional instability, trauma, abuse, neurodivergent needs, substance use, and mental illness.

REGISTER HERE:

[THRIVEPARENTINGPROJECT.COM](https://www.thriveparentingproject.com)



Tuesdays



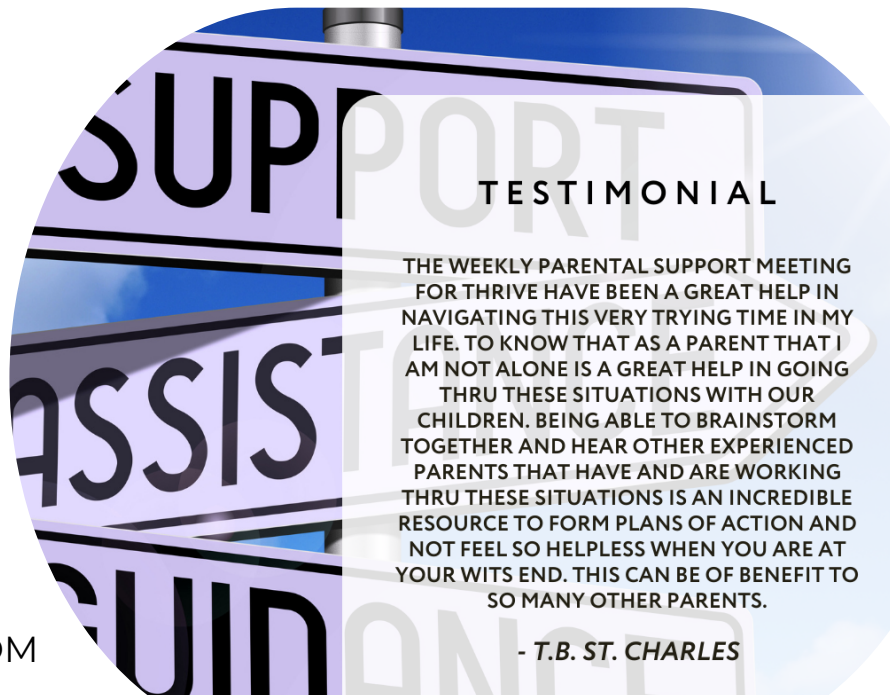
7:00 – 8:30 PM CT



On Zoom – Free to Join

WE EXIST TO:

- Fill the gap in support services for parents beyond traditional treatment programs.
- Empower parents with tools, peer connection, and hope to become resilient caregivers.
- Build community where families facing mental health and behavioral challenges never feel alone.



TESTIMONIAL

THE WEEKLY PARENTAL SUPPORT MEETING FOR THRIVE HAVE BEEN A GREAT HELP IN NAVIGATING THIS VERY TRYING TIME IN MY LIFE. TO KNOW THAT AS A PARENT THAT I AM NOT ALONE IS A GREAT HELP IN GOING THRU THESE SITUATIONS WITH OUR CHILDREN. BEING ABLE TO BRAINSTORM TOGETHER AND HEAR OTHER EXPERIENCED PARENTS THAT HAVE AND ARE WORKING THRU THESE SITUATIONS IS AN INCREDIBLE RESOURCE TO FORM PLANS OF ACTION AND NOT FEEL SO HELPLESS WHEN YOU ARE AT YOUR WITS END. THIS CAN BE OF BENEFIT TO SO MANY OTHER PARENTS.

- T.B. ST. CHARLES

[WWW.THRIVEPARENTINGPROJECT.COM](https://www.thriveparentingproject.com)



MORE ABOUT PARENT SUPPORT GROUPS

The THRIVE Parenting Project provides a free, peer-led Zoom support group for parents of children & young adults with emotional, behavioral, or mental health challenges. Whether you're navigating ADHD, trauma, mood disorders; or neurodivergent needs, we create a space where you can feel supported and understood.

WHAT IT IS

- Free peer-led support group
- Weekly Zoom meetings
- Safe, judgment-free space

WHAT IT'S NOT

- Not clinical therapy
- Not diagnosis-based
- Not crisis response—It's long-term support

WHO IT'S FOR

- Parents and caregivers feeling isolated
- Those navigating post-treatment-transitions
- Families facing behavioral or emotional instability

TESTIMONIAL

I WAS REALLY NERVOUS TO JOIN A GROUP, OPEN UP ABOUT THE CHALLENGES MY DAUGHTER FACES AND HOW THOSE IN TURN AFFECT ME. AS A MOM, I AM SUPPOSED TO BE THE STRONG ONE BUT AFTER YEARS OF NOT KNOWING WHERE TO TURN AND HOW TO HELP HER, THRIVE HELPED ME NAVIGATE ALL OF THAT KNOWING THERE ARE OTHER PARENTS WITH VERY SIMILAR ISSUES MADE IT A LITTLE EASIER TO PARENT A DAUGHTER WITH MALADAPTIVE BEHAVIORS. FOUND SO MUCH MORE IN THIS GROUP THAN I EXPECTED. JEN AND KATE LEAD A TOTALLY SUPPORTIVE, ACCEPTING, NON-JUDGMENTAL AND WARM GROUP THAT MAKES CLEAR, NO ONE IS PERFECT AND NO ONE IS ALONE. FOR THE FIRST TIME IN YEARS, I FEEL LIKE THIS ISN'T TOO MUCH FOR ME TO HANDLE. THANK YOU BOTH SO MUCH FOR LISTENING TO ME AND THE OTHER GROUPS MEMBERS, WE CAN DO THIS...TOGETHER!

- S.H., SOUTH ELGIN

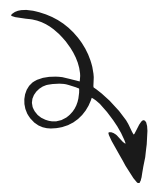


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TUESDAY
7:00PM ~ 8:30 PM
ZOOM-MEETING

**REGISTER
SUPPORT
GROUP**



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IN THE NEWS...

BLOG