

# **Support Groups**

## **Family Alliance for Mental Health**

Support group for parents with children or youth who struggle with social, emotional, behavioral challenges and mental health needs

(360) 790-7505

## **SoundCareKids**

Grief Support Group for children and teens

(877) 620-3286 or (360) 493-5928

## **Wild Grief**

Programs for grieving youth and families that combine peer support and nature connection to help young people who have lost a loved one build community, normalize the grief experience, and draw upon nature as a source of resilience and healing. All programs are free including a summer teen backpacking trip.

## **South Sound Parent to Parent**

All families caring for someone with special needs will receive the support and resources they need to feel empowered, encouraged, and supported.