



No parent should suffer alone and in silence when a child is struggling with his or her mental health.

Parenting can be challenging under the best of circumstances. But when a child, teenager, or young adult struggles with **emotional, mental or behavioral health problems, parenting can be overwhelming and isolating.**

We provide parents and caregivers who are concerned about their children's mental health with an opportunity to find and support each other in a confidential and safe space.

Informational Meeting

Tuesday, Oct. 10th 6-8pm

Join us at DISES for an overview of GEAR classes, workshops, and resources, as well as Q&A.

DEER ISLE 
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EDUCATION

Have questions?
Email mwitham@dises.org
Call 207.348.6443