

Monday Parent and Caregiver Open Support Groups

Charlie Health Family Programming invites you to our free open Family Support Groups.

Free and open to the public. Please use the QR code below to register for groups like:

- Parents & Caregivers of Adolescents
- Parents & Caregivers of Young Adults
- Parents & Caregivers of LGBTQIA+
- Families of Color
- El Grupo de Cuidadores en Español (Spanish-speaking only)
- Neurodivergence and Your Family
- Allies of Young Adults



RSVP using the QR code

Mondays

5:00pm PT • 6:00pm MT • 7:00pm CT • 8:00pm ET

Therapists Support Group

Led by Meghan Jensen, MS,
LPC, LCPC

This group is a chance for Charlie Health therapists and outside providers to come together to share struggles, learn about burnout, and support each other through difficult cases.



Join using the QR code

Fridays

11:00am PT • 12:00pm MT • 1:00pm CT • 2:00pm ET

Athlete Support Group

Charlie Health is equipped to support the needs of current and former student and young adult athletes who are struggling with their mental health.

Charlie Health's comprehensive treatment program includes curated groups, individual therapy, and family therapy.



Join using the QR code

First Tuesday of the month
4:00pm PT • 7:00pm ET

