



Parents & Change

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Contact Beckey Tripp

“Mental Health is nothing to be ashamed of. Neither is talking about it”

Parents and Change is for parents and caregivers who are caring for children, teens, and adults that are coping with a mental health diagnosis.

Meetings are held at 90 Central Avenue in Cortland

6:00pm to 7:30pm

September 21, 2015

October 19, 2015

November 23, 2015

December 21, 2015