

Cabarrus ParentVOICE
Program Staff

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**Spreading Hope, Spurring Action,
Supporting Families, Saving Lives!**

Mental Health America
of Central Carolinas

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Office Hours:

Monday - Friday 8:00 am – 5:00 pm



Advocate, Donate, Volunteer!

Mental Health America of Central Carolinas is a non-profit tax exempt organization under section 501(c)3 of the Internal Revenue Code, under sections 105-125 and 105-130.11(3) of the North Carolina General Statutes. MHA is fully licensed by the State of Carolina, Office of the Secretary of State to solicit funds in North Carolina, certified by the North Carolina Secretary of State pursuant to G.S. 55A-1-28 as a domestic non-profit corporation. Our IRS 990 returns can be obtained through the Office of the Secretary of State, North Carolina

Member Agency



**Family Support Program
in Cabarrus County**

The MHA's ParentVOICE program provides information, support and opportunities that inspire youth with mental health challenges, and teaches their families to advocate for quality services and successful outcomes.

www.mhacentralcarolinas.org

MHA's Mission

To promote mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.

ParentVOICE

ParentVOICE is a program of the MHA, staffed by parents and caregivers of youth with emotional, behavioral, or mental health concerns. Trained and caring Family Support Specialists help families navigate the education, mental health and juvenile justice systems. We also provide opportunities for parents to connect with other parents facing similar issues.

FAMILY SUPPORT

Family Support Specialists attend school and service provider meetings with parents. Prior to attending these formal meetings, ParentVOICE staff spend planning time with parents to review the purpose of the meeting, with terms they can expect to encounter, and empowering parent to be their own best advocates for the child's needs. Even experienced parents may become overwhelmed by the numbers of agencies and people involved with their families and the amount of paperwork that they are asked to read or sign.

Support Groups

ParentVOICE offers a monthly support groups for parents.

Respect for confidentiality allows parents to connect with other parents and caregivers facing similar issues, receive information about topics related to raising children with behavioral, emotional and/or mental health challenges, share coping strategies, establish social networks, and feel more empowered.



Support Groups are held on the 2nd Monday of each month from 6:00 – 8:00 pm at New Life Baptist Church 1281 Biscayne Drive Concord, NC 28025

Dinner is provided for all participants.

RSVP to Cathy Johnson at 980.406.1169 or cjohnson@mhacentralcarolinas.org

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Services We Offer

- ◆ Trainings and workshops for parents, youth, and provider agencies at **NO COST** to families
- ◆ Attendance at meetings with schools and service providers as a support for parents and caretakers
- ◆ A specialized lending library for parents and professionals
- ◆ Monthly support groups for adults and youth
- ◆ Triple P – Positive Parenting Program – individual consultations with parents to reduce child behavioral problems and teach health parenting.

The ParentVOICE program supports the principles of Integrated Care and System of Care.

Support provided by



United Way
of Central Carolinas