



FamilyMeans  
COUNSELING & THERAPY

## Building Resilience Process Group for Stillwater School District Parents

Feeling overwhelmed, stressed, anxious, or just need a few minutes to process this year? Join us for a one-time process group for Parents within the Stillwater district!

**December 16<sup>th</sup> from 3:15pm – 4:00pm**  
**Free and Confidential | Virtual Session**

Life's challenges have never been more visible or felt than in 2020. FamilyMeans wants to support YOU, the vital parents who continue to be flexible to learn, innovate, and help educate through it all. Students are lucky to have all of YOU on their team through this challenging year. It takes a village! That village needs to be taken care of too.

**Register by emailing Erin Rowison at [ERowison@FamilyMeans.org](mailto:ERowison@FamilyMeans.org)**  
**\*Please indicate the date and time of this session.**

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FamilyMeans' mission is to strengthen communities by helping individuals and families through challenges in all life stages. Learn more at [FamilyMeans.org](http://FamilyMeans.org)