

FRED Parent Support Group



FRED is a support group for parents of children, teens, and young adults (25 and under) with mental illness and resulting behavioral problems. The group is led by parent volunteers and meets in person and online to share resources, experience and support, and to host expert speakers. Whatever you are experiencing, we've been there and we understand!

FRED meets from 12-1:30 p.m. on the 3rd Tuesday of the month in the 1st floor meeting room at the:

**River Forest Public Library,
735 Lathrop Ave., River Forest.**

We also occasionally schedule evening meetings with guest speakers.

Upcoming noontime meetings in 2017 will be:

**March 21, April 18, May 16, June 20, September 19, October 17
and November 21 with a Holiday luncheon on December 8**

For more information about Fred, or to join the listserv to receive meeting notices and articles of interest, contact the Fred Leadership Team at:

fredparents@gmail.com

FRED: Friends & Resources for Each Day