



NEWS RELEASE

Free Online Support Groups for Teens and their Parents/Caregivers

FOR IMMEDIATE RELEASE

Contact: Jennifer Daley, Development Director
jdaley@baconstreet.org
(757) 253 0111, ext. 214

Williamsburg, Va., September 3, 2020 — In response to new challenges being faced by teens and their parents, Bacon Street Youth and Family Services is offering free weekly online support groups. The parents and family group will meet Mondays beginning September 14 from 6:30-7:30 p.m. The teen group will start on September 15 and will meet every Tuesday from 6:30-7:30 p.m. The groups are open to anyone attending middle and high school, or who cares for a middle or high school child, living in James City County, Williamsburg, York County, Poquoson, Newport News, Hampton, Gloucester, and Mathews. Parents and teens can drop in for as many sessions as they would like.

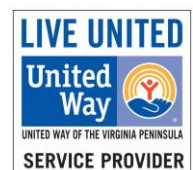
“The world we live in right now is a stressful and chaotic one, especially for teenagers who are still trying to figure themselves out. Many are attempting to piece back lives that have been flipped upside down,” said Allison Jarvis, Prevention Director at Bacon Street. “Parenting teenagers is hard enough without being in a pandemic, and people could use someone to talk to now more than ever. Bacon Street Youth and Family Services is here to help, free of judgment and full of compassion.”

The groups will be facilitated by Bacon Street’s clinical and prevention staff members. Each session will be held in a confidential space so participants can feel comfortable to talk freely. Topics for parents and caregivers will include parenting during Covid-19, mental well being and warning signs; connecting with teens; and youth and drugs. Teen topics include communicating with parents; “what’s going on in my head?” and youth and drugs. Teens and parents are encouraged to suggest new topics.

“Our goal is not only to provide support for teens and parents,” said Jarvis, “but also offer them a sense of community. It’s hard being a teenager right now, and it’s hard parenting a teen. You’re not alone”

To register for the free online support groups, visit <https://baconstreet.org/virtual-support-groups-for-families-teens/>

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About Bacon Street Youth and Family Services

Founded in 1971, Bacon Street Youth and Family Services is a private, not-for-profit organization that provides counseling, prevention programs, and community education to adolescents, young adults, and families affected by substance use and/or mental illness. Bacon Street serves youth and families in James City County, Williamsburg, York County, Poquoson, Newport News, Hampton, and Gloucester and Mathews Counties. To learn more about their services and how to help, visit www.baconstreet.org or call at 757-253-0111.

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