



FRED

PARENT SUPPORT GROUP

FRED parent resources are now available anytime at www.fredparentsupportgroup.com

FRED is a free and independent peer support group for parents and caregivers of children, teens, and young adults with mental illness. Since 2007, FRED has empowered parents to navigate the mental health system and advocate for their children. FRED eases isolation and offers shared knowledge, skills, confidentiality, and the support of other parents who understand. FRED welcomes all parents

The new FRED website offers:

- **The FRED Family Help Guide**, with crisis resources, diagnosis and treatment information, and tools to help families obtain educational accommodations, college supports, and housing and financial benefits that offer security for adult children
- **Information and Resources** that include articles and expert presentations on issues including anxiety, bullying, educational rights, college success, family wellbeing, legal tools and future planning, HIPAA, substance use, and residential treatment
- **Blogs** that chronicle the real-life challenges, strategies, and wisdom of FRED parents
- **Member-only resources** including listings of therapists, psychiatrists, treatment programs, hospitals, testing and education experts recommended by FRED parents
- **HOPE**. Experience tells us there is always hope for improved health, relationships, achievement, and a fulfilling future for all of our children

In addition to online resources, FRED offers Zoom support meetings on the 1st Tuesday of the month from 7-8:30 p.m. and the 3rd Tuesday of the month from 12-1:30 p.m. FRED is led by trained parent volunteers who act as facilitators. FRED is based in Oak Park and River Forest, and serves families throughout the Chicago region

To join FRED or find out more, visit www.fredparentsupportgroup.com or email the FRED Leadership Team at fredparents@gmail.com

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