



The Silent Struggle: How Parents Cope with the Emotional Weight of Their Child's Challenges

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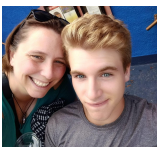
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You're not alone in this journey.

Join us for a powerful conversation on managing your own well-being while supporting your child through anxiety, depression, substance use, and more.



Tribeca residents **Liz Reitman** and her son **Gabe Conley** will share their deeply personal story of Gabe's struggles with anxiety, depression, substance use, and suicidal ideation. Hear how the pressures of school and social media impacted him, and how Liz navigated the emotional journey of finding the right help and support for her son.



They will be joined by **Casie Fariello**, a mother of three who has also faced the challenges of raising children with mental health and substance use struggles. Casie will share how she fought to find the right care for her children, often battling with insurance companies, waiting lists, and limited resources. Her personal experience navigating the healthcare system exposed the frustrating gaps in mental health support for families.

Together, Liz and Casie founded **Other Parents Like Me (OPLM)**, a virtual community created to ensure that no parent has to face these challenges alone. OPLM offers online support groups led by trained parents with first hand experience, expert speaker talks, and a robust resource hub. These meetings are accessible, anonymous, and featured daily.



**LEARN MORE ABOUT OPLM AND DISCOVER HOW THIS
COMMUNITY CAN MAKE A DIFFERENCE IN YOUR LIFE.**



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