



One More Moment is a local organization led by parents who "have been there" or are "still there." They provide FREE support to parents/guardians of teens struggling with mental health, depression, at-risk behaviors, addiction, and more. Their goal is to empower parents of teens in crisis by providing support, validation, and connection to other parents who understand through in-person groups, parent training, and one-on-one support.

**Scan to receive**



**more information**



Contact EMS counselor, Mrs. Burt (JBurt@bcbe.org), or visit [www.OneMoreMoment.net](http://www.OneMoreMoment.net) for more information.