

25-26 Continue The Conversation Series



Parenting Adult Coffees

Friday, September 12

9:30 - 11:00 AM

Anxiety & Expectations

Wednesday, September 17

7:00 - 8:15 PM

Anxiety & Expectations - *Virtual*

Friday, October 10

9:30 - 11:00 AM

Social Media

Wednesday, October 15

7:00 - 8:15 PM

Social Media - *Virtual*

Friday, November 14

9:30 - 11:00 AM

Mental Health

Wednesday, November 19

7:00 - 8:15 PM

Mental Health - *Virtual*

Friday, February 13

9:30 - 11:00 AM

Boundaries & Relationships

Wednesday, February 18

7:00 - 8:15 PM

Boundaries & Relationships - *Virtual*

Friday, March 20

9:30 - 11:00 AM

Addictions

Wednesday, March 25

7:00 - 8:15 PM

Addictions - *Virtual*

Friday, April 17

9:30 - 11:00 AM

Mental Health

Wednesday, April 22

7:00 - 8:15 PM

Mental Health - *Virtual*

Grandparent Coffees



9:00 to 10:30 AM

Friday, October 24, 2025

Friday, February 27, 2026 - *Virtual*

Friday, April 24, 2026

Youth Mental Health First Aid

*A 6-hour training plus
2-hours of online pre-work*

9:00 AM to 3:00 PM



Wednesday, October 1, 2025

Wednesday, December 3, 2025

Wednesday, February 4, 2026

Wednesday, April 1, 2026

QPR Trainings



10:00 AM to 12:00 PM

Wednesday, October 22, 2025

Wednesday, December 17, 2025

Wednesday, February 11, 2026

Wednesday, April 15, 2026

To Register:

Scan the QR code or visit
speakup.org/for-parenting-adults/#parentevents

