

# Broward County Resiliency Center

City of Parkland Amphitheater, Pine Trails Park

10561 Trails End, Parkland, FL 33076

## FREE WELLNESS SUPPORT GROUPS

### STUDENT Support Group (Grades 9-12)

Mondays from 6 p.m. – 6:45 p.m.

### PARENT Support Group

Tuesdays from 6 p.m. – 7 p.m.

### BCPS SCHOOL STAFF Support Group

Thursdays from 4 p.m. – 5 p.m.

### KNITTING Support Group (Max 12 participants)

Located at Rec Center Activity Room 4

Open to adults 5:30 p.m. to 7:30 p.m.

**Call 754-321-1590 to reserve your space**

For assistance between 9 a.m. – 5 p.m., please call the Hot-line at  
754-321-HELP (4357), after 5 p.m., dial **2-1-1**

Text "FL" 741741 to be connected with a counselor

For additional resources online,  
visit [browardschools.com/CrisisSupport](https://www.browardschools.com/CrisisSupport)  
To offer your support or services to the community,  
visit [browardschools.com/WeSupport](https://www.browardschools.com/WeSupport)