

Other Parents Like Me (OPLM) is the largest online community dedicated to supporting parents of teens and young adults facing mental health challenges.



SCAN QR CODE FOR MORE INFORMATION  
AND DISCOUNTED RATES  
\*MINIMUM OF 10 SEATS

#### FAMILIES RECEIVE



**Zoom Support Groups**  
Daily, Parent-led – Woman's, Men's, Book Club, Adoptive Families, Kids in Program and more



**Live Speakers & Panels**  
Featuring renowned authors and leading experts in live and recorded sessions



**A Resource-Rich Hub**  
Over 1,000 podcasts, articles, apps, books, organizations



**Glossary**  
An A to Z of mental health terms and disorders



**Parent Stories & Blogs**  
Insights into the journey of parents like you



**Support Directory**  
Vetted professionals in the mental health space

## WHAT WE BELIEVE

# We can find healing — together.

Other Parents Like Me focuses on these four pillars:

### 1 Self-Care

Equip parents with tools and resources to take care of themselves.

### 2 Self-Regulation

Nurture emotional resilience and stability.

### 3 Boundaries

Teach the importance of setting and maintaining limits.

### 4 Communication

Enhance open dialogues within families for better understanding.

TRUSTED BY PARENTS IN ALL 50 STATES,  
350 CITIES, AND 11 COUNTRIES



# Join a virtual community of parents who get it.

Other Parents Like Me was founded to address the worldwide crisis of mental health issues among adolescents, teens, and young adults, by creating the largest empowered online community of parents supporting parents with help, hope, and healing.



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[sales@opl.com](mailto:sales@opl.com)

## WHAT OPLM INCLUDES

1

### DAILY SUPPORT GROUPS

Members gain access to unlimited support groups from 7:00 am to 10:30 pm.



2

### A SAFE SPACE

Choose your privacy settings. Be as anonymous as you want with your name, sharing and camera options.



3

### PARENTS HELPING PARENTS

Two Peer Parents facilitate each support group to guide, monitor and ensure a safe space. Opening with their own personal shares, so members to feel comfortable and connected.



4

### A SHARING COMMUNITY

Each support group centers on a topic to guide the conversation. Common topics include communication, boundaries, self-care, vulnerability, and gratitude.

This is a place to talk about how you're feeling, how the topic resonated with you or to share something that is on your mind.

Use the chat to feel connected, post questions, inspirations, thoughts or encouragement.

#### CHAT

**Amy:** The support from other parents is essential in healing along with your child. Life changing.

**Celeste:** What a great place for parents to go to get support and no judgement

**Chrisoula:** The membership donation is such a great idea

**Jessica:** So you could join and benefit from this even if your child doesn't have substance abuse problems? My child has ADHD, anxiety, depression.

5

### PARENT MENTORSHIP

Meet your mentor who will connect you to our amazing community and steer you to the resources and benefits you need. We all know that overwhelming feeling while going through a crisis but you are NOT alone!



6

### FLEXIBILITY ON TIME

We close 5 minutes before the hour, enabling members to leave as needed. A sense of community is created as all members read an inspirational message together, out loud.



## HOW WE WORK WITH YOU



An administrator from your team will be able to invite parents to the OPLM platform (only name and email required by users).



Engage with our community as a guest speaker, blogger, or be featured in our Resource Hub



Receive data analytics on user engagement for better support and guidance.

## SAMPLE SUPPORT GROUP SCHEDULE

OCTOBER 12 @12:00 PM - 1:00 PM EDT

### Women's Support Group

Hosted by Marcie S., Liz W.

This support group is open to all who identify as women. Gather in this safe space to share your story and find help and hope in the company of other women on their own unique journeys of healing.

OCTOBER 12 @ 8:00 PM - 9:30 PM EDT

### Speaker Talk: Inside the Mind of Your Teenager

From her own journey and extensive work with adolescents, Ciara has a unique insight into the mind of a struggling teen — why they resist help, what they're really focused on, and the core of their pain. In this talk, Ciara will speak to common features and patterns of adolescent behavior and thinking. She will [...]

OCTOBER 13 @ 9:00 AM - 10:00 AM EDT

### Men's Support Group

Hosted by York A., Michael F.

Find support and strength with other men in this safe space — share your story, hear from others and find help and hope in community. This support group is open to all who identify as a man.

OCTOBER 13 @ 10:00 AM - 11:00 AM EDT

### General Support Group – Hope, Help and Healing

Hosted by Tippy H., Jackie J.

General Support Group welcomes all members to gather to share experiences and to find help and hope in community.

OCTOBER 14 @ 10:00 AM - 11:00 AM EDT

### Coffee & Gratitude

Hosted by Teri T., Lisa S.

Grab a coffee and join this gratitude space on Saturdays. Share what you're grateful for, hear from other parents and enjoy an uplifting, hopeful time with your community.

OCTOBER 14 @ 09:00 PM - 10:00 PM EST

### Parent Connection: Navigating Neurodivergence Together

Hosted by David K., Shelley H.

Come connect with other parents raising kids who are neurodivergent — including those with autism (ASD), ADHD, OCD, and more. Together, we'll share experiences, gain knowledge, and support one another on this lifelong journey. This is a space not only to talk about ways to help your child but also to focus on your own well-being. Parenting a neurodivergent child can be challenging, and you don't have to walk the path alone.

OCTOBER 15 @ 11:00 AM - 12:00 PM EDT

### Solo Moms Support Group

Hosted by Annie E., Sheila L.

Gather with other solo moms who have children struggling with mental health and/or substance use issues; come share stories and experiences with moms who get it. A solo mom is divorced, widowed, or single parent of a child. We welcome those moms who may still be with a partner who is not engaged in co-parenting [...]