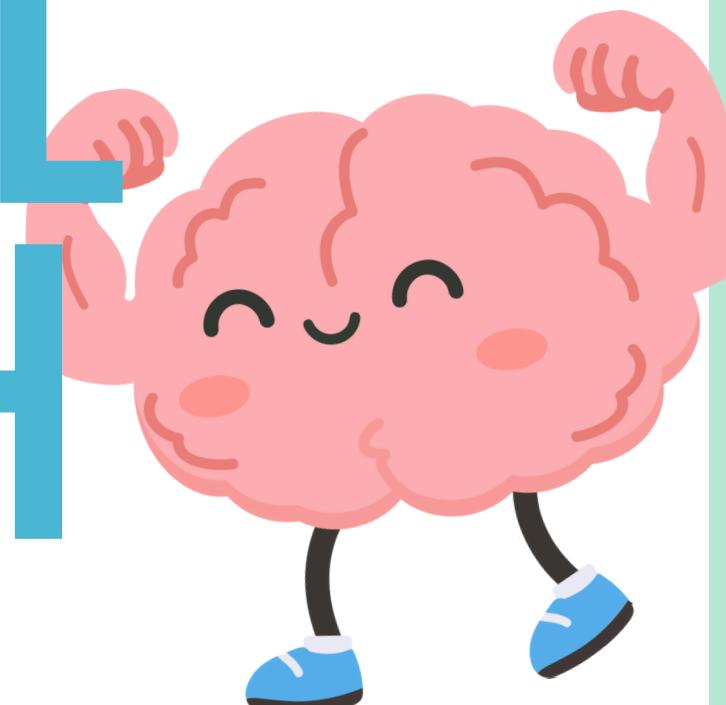


Community MENTAL HEALTH CHATS



January 15, 2026

Collaborative Process: A Kinder Way for Couples and Partners to Separate and Divorce

Patrice Garver, Ph.D. and Christine Hissong, Esq.

Going through a legal separation or divorce can feel overwhelming. It's common to experience stress, sadness, and confusion during this time. As partners separate, they often need guidance about the law, finances, parenting decisions, and the emotional challenges that come with the process. This session will explain the pros and cons of different approaches and introduce the collaborative process—a structured, supportive method designed to help couples and families navigate separation with dignity and clarity. We will also share resources and information specifically for families with limited financial means.

February 12, 2026

Game On, Calm On: Helping Your Child Conquer Sports Anxiety

Dr. Laura Gray and Dr. Jennifer Lager, Sport Psychologist

Learn insights from sports psychology to help your children and teenagers regulate anxiety in competitive sports. Discussion will focus on topics such as identifying sources of sports-related anxiety, fostering a supportive and healthy athletic mindset, developing coping mechanisms, and promoting resilience and enjoyment in youth sports. The aim is to equip parents with the tools to support their child's emotional well-being and optimize their performance.

McLean Community Center
1234 Ingleside Ave, McLean, VA 22101

All Events Start at 7PM

mcleanscc.org

March 12, 2026

Grief & Growth: Tools for Navigating Loss with Mental Health Experts

Dr. Melissa Sporn and Sarah Tyler, LCSW

Led by experienced mental health professionals, this session will explore the multifaceted nature of grief. The discussion will offer a supportive and insightful space for individuals grappling with all types of loss and grief. Participants will gain a deeper understanding of the grief process, learn to identify common emotional and physical responses to loss, explore ways to honor loved ones, foster self-care, and build resilience.

April 16, 2026

Spotting the Signs: Recognizing Eating Disorders and Body Image Concerns

Robyne Davis, LPC, BC-DMT and Alexis Guerrero, LCSW, LCSW-C

Mental health professionals will provide education on the signs, symptoms, and risk factors of eating disorders, as well as discuss the societal influences on body image. Parents will learn about the importance of early intervention for eating disorders in children and teens. Practical strategies and resources will be shared to foster a positive body image and promote healthy eating habits.

JOIN THE CONVERSATION

Sign up for free using the event QR codes

May 14, 2026

Building Resilient Families: Preventing Substance Abuse in Youth

Sarah Tyler, LCSW, Carey Hitchcock, MSW, and Becky Kohn, M.A.T., Ed.S.

Empower yourself with knowledge and tools at our substance abuse and prevention discussion. Learn how to proactively address substance abuse signs and risks to promote healthy development in your children. This discussion offers parents the critical insights, actionable steps, and community resources needed for prevention and early intervention.

