**LET’S GATHER AND SUPPORT ONE ANOTHER**

**Ongoing Monthly Parent Support Group**

Facilitated by Alice Auth, LCSW, Early Childhood Social Worker

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow.

You cannot serve from an empty vessel.”

* *Eleanor Brownn*

It’s a new year – a good time to take steps to take good care of yourself

(and therefore those around you!)

Please join us for:

* Support
* Commaraderie
* Resources
* Information exchange
* Conversation/Discussion
* Community

First meeting:

This Friday,

 January 15th, 2016

8:30 A.M. – 9:30 A.M.

 PTA Room

Conversation(what do we need?) Resources, and

Information Exchange,

Family Support Group

Friday, January 15th , 2016

8:30 A.M. to 9:30 A.M.

Alice Auth, L.M.S.W.

The purpose of the family support group is to provide a place where we can promote

As caretakers parents advocate for children but who takes care of you,

Purpose

Provides

Advocacy

Information

Promote

developing