January 2016

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

**Monthly Parent Support Group**

Next Gathering will be on Friday, Jan. 29th

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
* Camaraderie
* Resources
* Information exchange
* Conversation/Discussion
* Community

**Please reserve these dates - Fridays:**

Jan. 29th – Feb. 12th – March 11th

April 8th - May 13th – June 17th

8:30 A.M. – 9:30 A.M.

PTA Room

The purpose of the family support group is to provide a space that is safe and comfortable to have open conversations on what we need and want for ourselves.