



Reach Out and Connect

Parents/Caregivers Support Group

**Are you feeling disconnected and overwhelmed
as a parent and caregiver?**

**Want to connect with other caregivers
looking for parenting strategies ?**

**Join us for for a blended (in-person and virtual) connection
with other caregivers experiencing some similar challenges.**

Next Date:

September 23rd

October 28th

November 25th

December 16th

6:00-7:00 pm



Group meets once a month with a blended delivery of in person (MAX 6 participants) with the option for participants to join via zoom. Zoom participants will need access to camera, microphone and wifi.

To register email hubcoordinator@gpfes.com or call 780-830-0920
<https://forms.office.com/r/CFgM7edCc0>