

# "Parents Supporting Parents"

This is a monthly support group for parents of children with mental health challenges, developmental disabilities, affecting social, emotional and/or cognitive functioning.



## Why join a support group?

Support groups bring together parents facing similar issues. In this case, having a child with special needs. It can be helpful just getting to talk with other people who can relate. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges.



Our group will ask for confidentiality, acceptance, supportive attentiveness, and being in the present.



## Parent Support Group Topics:

- \*Obtaining ongoing support for parents in your community
  - \*Parents managing stressful situations
- \*Reinforce positive coping behaviors with your child/ Co-Parenting
  - \*Share information, ideas and resources with each other
  - \*Increase informal supports by forming new friendships
    - \*Manage and cope with stressors
    - \*The importance of self care

**Date: Thursday - December 8, 2011 & January 13, 2012**

**Time: 6:30 p.m. - 8:00 p.m.**

**Location: Hathaway-Sycamores Child and Family Services**

**1411 North Grand Ave. Covina, CA 91724**

**HEAL. HOPE. THRIVE.**

**Light refreshments will be provided.**

Children are encouraged to attend, and will participate in separate age-appropriate Children's Support Groups.

**FOR MORE INFORMATION Contact us:**

**Gabriela Sanchez -Parent Partner (626)625-6476 or**

**Nora Scherman: Assistant Director of Peer to Peer Support Dept.**

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