

PARENT/CAREGIVER SUPPORT GROUP

A welcoming environment for parents and other caregivers of children with special needs, to meet, share experiences, ask questions, and receive support.



Parents of children with special needs face unique challenges.

It's comforting to know you're not alone.

The opportunity to connect with other families who understand, and share similar experiences can be a valuable form of support.



Thursdays
4:45pm-6:15pm

Join an existing group if available,
or the next one to start

Visit our website to download/complete our Welcome Packet and call to schedule the personal intake session

Covered by most insurances after your one-time individual intake session (can be done via telehealth or in person)**

Topics for discussion may include:

- **Advocating for your child**
- **Dealing with the impact on the entire family**
- **Navigating school and learning issues**
- **Investigating treatment options and resources**
- **Strategies to improve self-management**

www.bridgestherapy.com

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