

**Join us for a Virtual Parent Support Group starting Monday 4/6
Free and Open to all!**

REGISTER HERE: kghconsultation.org/calendar/event/virtual-parent-support-group/

Every parent deserves support. For many people, parenting is one of life's greatest joys, but, honestly, also one of life's greatest stressors. Your strength, resilience, and love get you through each day with your child or children. However, that does not mean you do not sometimes want or need some extra help and support. This is especially true during a time, like now, when the state of the world may have turned your lives upside down.

We can't meet to get and give support face-to-face right now, but, thanks to the technology we have today, we have the ability to get together via video. Join our social worker, and other parents of a child with special needs, to connect, answer questions, learn behavioral tips, and engage in stress management and mindfulness.

Led by KGH social worker and parent support specialist, Ashton. Ashton is a Licensed Clinical Social Worker and Board Certified Behavior Analyst. She provides mental health services to children and teens with autism and other special needs, group therapy, and parent support.

This group will meet on Mondays and Wednesdays from 10-11am via Zoom video call.

Upcoming Dates & Topics (Join when you can!):

- 4/6 Introduction
- 4/8 Behavioral Activation: Planning for Positive Activities
- 4/13 Grounding and Mindfulness Training
- 4/15 Time Management
- 4/20 Embracing Emotions
- 4/22 The Mind/Body Connection
- 4/27 Getting Kids Involved in Stress Management
- (*4/29 No Meeting*)
- 5/4 Being Social and Reaching Out

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Connect and find support for yourself and your child through this unexpected time.

Join us for a
VIRTUAL PARENT SUPPORT GROUP!

**MONDAYS & WEDNESDAYS
10-11AM**

Every parent deserves support. Now more than ever, when routines and supports have been turned upside down.

Join our LCSW and BCBA, and other parents of a child with special needs, to connect, ask questions, learn behavioral tips, and engage in stress management and mindfulness.

KGH
Autism Services
Serving the whole family

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