

Families in Transition

Virtual support group for parents of children with disabilities

Accepting new members!

*Learn strategies to support children with disabilities as they navigate various transitions.
Receive peer support from people navigating similar experiences.*



Families in Transition (FIT) Group

The FIT Group is a virtual support group for parents/caregivers of children (of any age) who are living with a disability. The group is geared towards parents whose children are facing a life transition- whether that's starting school, moving from elementary school to middle school, moving up to high school, graduating, or even transitioning from summer break to starting another school year.

FIT provides education around navigating these transitions, support, and the opportunity to connect with other parents and caregivers who "get it."

Member Qualifications

- Parent or caregiver of a child with a disability and who is navigating a life transition
- Parent or caregiver who would like support, education, and the opportunity to speak with others who are navigating similar experiences



Enrolling now!

Group starts Tues. 6/16 at 12PM

- 10 weekly virtual group sessions (over TEAMS) Tuesdays 12PM-1PM
- Reach out to Easterseals to schedule an intake appointment
 - Call 860-270-0600 Ext.100
 - Or email clinicalservices@escrec.org