



## FREE Virtual Parent/Caregiver Support Group

"YOU'RE NOT ALONE, AND WE'LL GET THROUGH  
THIS THING TOGETHER"  
-ANONYMOUS

Is your child struggling with behavioral, social, emotional or mental health challenges and you don't where to start or how to get through it?

Join us, the staff of Chesco LIFE, who are parents with lived experiences with our own children to engage in conversations on ***What to do when you don't know what to do.***

### When

First Wednesday of every month from 12 pm to 1 pm,.  
Beginning Wednesday, April 7th, 2021.

### Why Join the Support Group?

- Opportunity to meet other parents with similar struggles.
- Gain knowledge on the needs relevant to your situation.
- Facilitate connections with group members, provide support, helpful resources
- Encourage families to find a voice and advocate skills.

[Register Here](#)

To register contact Erin Pasela at [EPasela@accessservices.org](mailto:EPasela@accessservices.org) or 215-350-5193.

