



Families
Supporting
Families



is inviting you to the
Virtual
Caregiver
Support Group

Join KY-SPIN's monthly caregiver support group, driven by families, for families. Each meeting features a topical discussion and a Parent Cafe.

Come Join Us

Date: Monday 12-18-2023

Time: 10am-11:30am EST

or

6pm-7:30pm EST

Place: Virtual Zoom

no registration necessary

[Click to Join](https://tinyurl.com/bd7d6f5n)

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Understanding and Handling Stress:

Learn ways to understand and recognize stress as well as ways to identify and implement stress reducers

Cafe topic:

Protective Factor
Social Emotional Competence

Join us the 3rd Monday of EVERY month!!