



KY-SPIN virtual CAREGIVER

S U P P O R T G R O U P

Join KY-SPIN's monthly caregiver support group specially designed for parents of children with disabilities of all ages. These virtual support groups are driven for families, by families. Each meeting offers caregiver support and a parent café.



Topics of Discussion:

October 21, 2024 10-11:30 AM (EST)

ASSISTING YOUR STUDENT WITH BULLYING

Join us in a conversation about what bullying is and how you can talk to and support your student.

November 18, 2024 10-11:30 AM (EST)

EXECUTIVE FUNCTION EXPLAINED: SIMPLE STRATEGIES FOR PARENTS AND CAREGIVERS

Join us for an insightful discussion where we'll explore what executive function is, how it impacts your student's daily life, and effective strategies to help them thrive. Equip yourself with the tools to support your student's success.

December 16, 2024 10-11:30 AM (EST)

SELF-CARE FOR CAREGIVERS

Self-care during the holidays is crucial for caregivers, especially when we are focused on everyone else. Join KY-SPIN to discover realistic, simple ways to practice self-care during this very busy time.



Scan QR Code or [click](https://tinyurl.com/yc7p22t5) to register

<https://tinyurl.com/yc7p22t5>

You only need to register once, attend each month or just the months you want!

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