



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:

April 21, 2025 10 AM (EST)

HANDLING CRISES: Emergency Preparedness for Families

Join KY-SPIN for an informative session on emergency preparedness for families. We'll discuss different types of family emergencies, effective coping strategies, and practical steps to stay prepared.

May 19, 2025 10 AM (EST)

MENTAL HEALTH NEEDS OF CAREGIVERS

Being a caregiver can be tough on your mental health. Join Sally Rooney and KY-SPIN to recognize signs of stress, burnout, and anxiety, and learn ways to manage them. Sally will discuss ways she connected with others who understood her journey and will share helpful resources. Taking care of yourself is just as important as caring for others.

June 16, 2025 10 AM (EST)

ENSURING A SUPPORTIVE ENVIRONMENT WITH SCHEDULES AND ROUTINES

Join this meeting to learn how to create a structured environment that supports your child's growth. You'll gain practical resources to develop personalized schedules, reduce daily stress, and create stability, all while feeling more confident in your caregiving role.

For more information contact Amber Hamm



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

Scan QR Code or [click](#) to register



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<https://tinyurl.com/ynxjfup8>