

# PARENTS HELPING PARENTS

A SUPPORT GROUP FOR PARENTS AND CARETAKERS OF KIDS WITH DIFFERENT NEEDS



We are parents just like you, managing unique daily lives, schedules and stressors.

Join us in creating a positive community space where we can connect, ask questions, share strategies and experiences and generally feel better-educated and equipped to take on the next day.

Meetings are free to attend and inclusive of all diagnoses.

We're doing everything we can for our kids, but parents need help too!

For any questions or more information, email Danielle Schmiesing at:  
[php.cac@gmail.com](mailto:php.cac@gmail.com)

Meetings will take place the last Friday of the month at 10am. A Google Meet link will be sent out beforehand while the meetings are held remotely.

2021-2022 meeting dates:

September 24, 2021

October 29, 2021

November 19, 2021 (third Friday)

January 28, 2022

February 25, 2022

March 25, 2022

April 29, 2022

May 27, 2022