

# CUP OF CALM SELF-CARE & MENTAL HEALTH



## PARENT-TO-PARENT LEARNING

Parents & caregivers of children/young adults with a disability are invited to join a parent-to-parent learning group to build friendships & support one another in resilience, relationships, knowledge & communication.

## PARENT CAFÉ

# WED | SEPT | 17

5:30 - 7:30 pm  
via Microsoft  
Teams

Be sure to download the Teams app  
ahead of the Parent Café. It's free!

FROM THE  
COMFORT  
OF HOME!

RSVP by  
Sept. 15!

### QUESTIONS?

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scan this QR code  
OR go to

<https://form.jotform.com/eh3/ParentRSVP>

### RSVP



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09.17.25