

Single Parent Support Group

2nd and 4th Monday of the month

2:00 pm to 4:00 pm

Virtual option: Teams 365

Building Family Social, Physical & Emotional Resiliency

Non-Judgmental Support, improved skills to cope with challenges, reduce stress, and enhance self care.

- Support Group geared for single parents* and their children
 - Coping Skills
 - Parenting Challenges
 - Other resources are available
- **spouses geographically separated also welcome*

For more information please call:

Family Advocacy Program- 301-677-4118 OR

Parent Support Coordinators- 301-677-3617/7823

Strong Minds -Strong Bodies -Live Well



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