



COMING TOGETHER: A Time to Talk About Parenting Children and Adults with Disabilities



During these days of uncertainty, parents with children or adults with disabilities, are feeling isolated and alone. In times of crisis, there is comfort in knowing that you are not alone, but part of a caring community. This group is designed to provide a supportive environment for your thoughts and feelings. Join us as we explore, how to manage the emotional and physical well being of your family, during these unprecedented times.

Janet Menashe, Disabilities Inclusion Specialist and Dinah Gilburd, LCSW will facilitate the group. on **January 13th, 2021 from 7:00-8:15pm**. Free and open to the public.

To register contact [Janet Menashe](mailto:janetmenashe@jfcs-portland.org) at janetmenashe@jfcs-portland.org

WHAT: COMING TOGETHER: A Time to Talk About Parenting Children and Adults with Disabilities

WHEN: January 13, 2021 | **TIME:** 7:00-8:15pm

WHERE: Zoom | **COST:** Free

Contact Janet Menashe for details and to register: janetmenashe@jfcs-portland.org