

Parents gathering to build friendships, discuss the highs and lows of parenting, and learn new information to assist them in their journeys.

## **IN-PERSON & ONLINE**

## THRIVE GROUPS

JOIN NO



Each gathering, we will either be discussing a topic among ourselves or engaging with a guest speaker who brings information and expertise to help us:

- Access the supports we need
- Manage the emotions of parenting
  - Learn new tools for success

Website calendar has details!