

## Special Needs Parent Support Group



### *Virtual Event with Rania*

Many guardians raising a child with special needs can be overwhelmed. Feelings of isolation are common and it is important to remind yourself that you are not alone. This group will provide validation, resources and the opportunity to build friendships with other members of the community facing the same or similar challenges.



● Every Wednesday in January

● 9 am - 10 am

● Email: [chpplaygroups@chpberkshires.org](mailto:chpplaygroups@chpberkshires.org)  
to obtain the zoom link

Check our calendar for more helpful events  
[chpberkshires.org/calendar](http://chpberkshires.org/calendar)