

Metro North Fall 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/21/23 7PM	Caregiver Self-awareness and Self-care and Understanding Your Triggers	Metro North Office
October	10/19/23 7PM	Identifying Your Circle of Support	Metro North Office
November	11/16/23 7PM	Healthy Boundaries with Bio Parents	Metro North Office
December	12/7/23 7PM	Trauma or ADHD and Where to Turn for Answers	Metro North office

Contact Laura to join!

Visit mspcc.org/kidsnet for additional statewide virtual training opportunities