

Metro North Spring 2025 Support Group & Resource Calendar

Month	Dates	Topic	Location
April	Thursday, 4/24/2025 7:00-9 PM	Caregiver self-awareness and self-care and understanding your own triggers	Virtual
May	Thursday, 5/22/2025 7:00-9 PM	Understanding The I.E.P Process	Virtual
June	Thursday, 6/5/2025 7:00-9 PM	This and That (Stories and Shares)	Virtual

**Contact your FRL for more information ~ Lagaughan@mspcc.org
Visit mspcc.org/kidsnet for additional statewide virtual training opportunities**