

## **Worcester West Winter 2025 Support Group & Resource Calendar**

<b>Month</b>	<b>Dates</b>	<b>Topic</b>	<b>Location</b>
<b>January</b>	<b>1/22/25 8pm</b>	<b>How trauma affects the brain/flipping their lid?</b>	<b>Zoom</b>
<b>February</b>	<b>2/19/25 8pm</b>	<b>How to get kids to talk about feelings – and why they should</b>	<b>Zoom</b>

<b>March</b>	<b>3/19/25 8pm</b>	<b>Getting summer plans started, camps, vacations, end of school fears?</b>	<b>Zoom</b>
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**Contact your FRL to join and for updates about possible in person meetings. Visit [mspcc.org/kidsnet](https://mspcc.org/kidsnet) for additional statewide virtual training opportunities**