

Self-Care Parent Support Group



Parent support groups are a great place to meet other parents in similar situations such as being a first time parent, raising a child with a disability or parenting children of different ages. In our Self-care group, participants will have the opportunity to learn from each other, talk about parenting challenges and discuss ways to relieve stress.

Twice a Month Meetings:

January

- Monday, January 11th
- Monday, January 25th

February

- Monday, February 8th
- Monday, February 22nd

March

- Monday, March 14th
- Monday, March 28th

April

- Monday, April 11th
- Monday, April 25th

Attendance to every meeting is not necessary

Where:



Westside Family Resource & Empowerment Center
 LA County Inclusion Partnership

The Westside Regional Center
5901 Green Valley Circle #320
Culver City, CA 90230

Time: 10:00am-11:30am

Room: 3rd Floor Boardroom 3A



Free childcare will be provided

Giveaways and refreshments!

Sign up today!

Erika Carmona (213)413-1466 Ext.261 ecarmona@paralososninos.org

In partnership with



Funded by

