



VIRTUAL SUPPORT GROUP

1st Thursday of each month

10:00 a.m. -11:30 a.m.

SCHEDULE

Email KinSupport@kinconnector.org for more information or call for personalized advice

- Jun 3rd*** Orientation and practicing compassion: Welcome to KINdred Spirits!
- Jul 1st*** Parenting A Second Time Around (PASTA): Session 1, getting to know you
- Aug 5th*** PASTA Session 2: It wasn't supposed to be like this
- Sept 2nd*** Legal Issues 101 with special guest: Kinship law expert Karissa Phelps
- Oct 7th*** Managing complex stress from crises Part 1: Intrusive or Unwanted Thoughts
- Nov 4th*** Part 2, Beyond identifying Trauma/PTSD: Steps for Coping & Conquering it!
- Dec 2nd*** Self-Care Skills and Holiday Party: Celebrating your success!
- Jan 6th*** Parenting a Second Time Around (PASTA) 2022 kickoff and session 3
- Feb 3rd*** Navigating Social Media and Being Safe in a Digital World
- Mar 3rd*** Pasta Session 4: Discipline is not a dirty word
- Apr 7th*** Self-Advocacy and PASTA Workshop 6: Standing up for your rights
- May 5th*** Fun activity, outing, or summer celebration TBD to wrap up year 1