

DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>7:30-8:30 PM Grupo de apoyo en español</p>	<p>2</p> <p>7-8PM Hero Huddle Online Support Group for Dads</p>	<p>3</p> <p>12-1 PM Lunch & Learn Navigating the Special Education Landscape During Covid</p> <p>6-7 PM Mom Squad Talking to Your Young Adult Who Has an Intellectual/ Developmental Disability About Sexuality</p>	<p>4</p> <p>7-8 PM Youth Partnership (Ages 13-21) provides a relaxed, safe, no-judgement zone to connect with peers!</p>
<p>7</p>	<p>8</p> <p>7:30-8:30 PM Grupo de apoyo en español Terapia cognitivo-conductual centrada en el trauma, ¿qué es y por qué funciona?</p>	<p>9</p> <p>7-8PM Hero Huddle Online Support Group for Dads</p>	<p>10</p> <p>12-1 PM Lunch & Learn HA HA HAppier Holidays - No Joke!</p> <p>6-7 PM Mom Squad</p>	<p>11</p> <p>7-8 PM Youth Partnership (Ages 13-21)</p>
<p>14</p> <p>7-8 PM Parent Power Hour The Joys and Pitfalls of Foster Parenting</p>	<p>15</p> <p>7:30-8:30 PM Grupo de apoyo en español</p>	<p>16</p> <p>7-8PM Hero Huddle Online Support Group for Dads</p>	<p>17</p> <p>12-1 PM Lunch & Learn Jingle, Jangle, Jingle - It's Time To Mix and Mingle!</p> <p>6-7 PM Mom Squad</p>	<p>18</p> <p>7-8 PM Youth Partnership (Ages 13-21)</p>
<p>21</p>	<p>22</p> <p>7:30-8:30 PM Grupo de apoyo en español</p>	<p>23</p> <p>7-8PM Hero Huddle Online Support Group for Dads</p>	<p>24</p> <p>25</p> <p>Office Closed - Happy Holidays No support groups or events between Christmas and New Year's</p>	

Group Descriptions:

Parent Power Hour! Second & Fourth Mondays of the Month 7-8 PM Join other parents to hear experts share tips on topics that will help you care for your youth, your family, and your well being. The hour includes time for you to ask questions and seek advice from the speaker! *Parent Power Hour is a Collaboration between Family Partners of Morris & Sussex Counties and Center for Evaluation and Counseling, Inc.*

¡Conversaciones entre Padres! Primer y tercer lunes de cada mes de 7-8 PM Unase a otros padres para escuchar a los expertos compartir consejos sobre temas que le ayudarán para el cuidado de sus hijos, su familia y su bienestar. ¡En esta hora habrá tiempo para hacer preguntas y pedir consejos!

Grupo de apoyo en español! ONLINE! Martes a las 7:30 - 8:30 PM Este grupo discutirá las alegrías y los desafíos de criar a un niño con desafíos emocionales, conductuales, de salud mental y / o necesidades especiales. ¡Conozca a otras familias en la comunidad que experimentan escenarios similares, conozca los servicios disponibles para usted y cree una red de apoyo!

HERO HUDDLE: Chalk Talk & Social Time for Dads! Wednesdays from 7-8 PM This group will discuss the challenges and triumphs of being a father during a pandemic in a supportive judgement-free environment. Today's world calls for a whole new playbook. Teamwork is the best way to meet challenges, celebrate triumphs and set goals. Participants will find a supportive, judgement-free zone.

Lunch and Learn! Thursdays from 12 - 1 PM This Power Lunch event will be held the first, second and fourth Thursday of the month at noon during the quarantine period to provide expert speakers on topics relevant to caregivers, educators and professionals charged with supporting challenged youth aged 3-21. Feed your belly and fortify your creativity, resources and knowledge to face today's challenging environment.

¡Conversaciones mientras Almorzamos! Jueves de 12 a 1 p.m. Este evento se llevará a cabo el tercer jueves de cada mes de 12pm a 1pm, durante el período de cuarentena. Traeremos expertos que hablaran sobre temas relevantes para cuidadores, educadores y profesionales encargados de apoyar a jóvenes con desafíos, en edades de 3 a 21 años. Almuerzo con nosotros mientras fortaleces tu creatividad, recursos y conocimientos para enfrentar el desafiante entorno actual.

Mom Squad! Thursdays from 6 - 7 PM This group will discuss the joys and challenges of being a mom, raising a child or children with emotional, behavioral, mental health challenges and/or special needs. Meet other moms in the community experiencing similar scenarios, learn about the services available to you and build a support network!

Youth Partnership! Fridays from 7 - 8 PM Youth Partnership is a group for youth ages 13-21 who may be experiencing life challenges. It provides an opportunity for youth to come together to get peer support, education, participate in social activities, volunteer in the community, learn leadership, and have fun!