



## **‘Ohana Support Services**

# **Parent Support Groups**

The Parent Support Group is an opportunity for Parents/Caregivers to gain support, share ideas, and learn from others who may be experiencing similar issues with their children.

The group is offered to all Parents/Caregivers throughout Hawaii. Sessions are conducted virtually via Zoom.

To register to participate in any of the support groups, please call: (808) 748-3085

### **Sessions:**

1. Parents as Leaders
2. Self-Care/Coping for Parents
3. Coping with Crisis
4. Positive Connections: Growing Your Circle of Support
5. Organizing for Success
6. Parenting a Transition Age Youth
7. Assisting Communication: Collaboration with Your Team
8. Diagnosis and Parenting Skills

# **We're All About Family!**

