



Are you the parent or caregiver of a child in Erie County who struggles with emotional or behavioral health challenges? At times do you feel helpless or lost, with no idea where to turn for help? YOU ARE NOT ALONE!!!!

Family Peer Support Group is a welcoming and inspiring place to share frustrations, concerns and ideas with caregivers who truly understand. We help parents/caregivers feel less alone by connecting them with other parents/caregivers experiencing similar situations. We help parents /caregivers learn more about the services that are available to them in the community and connect them with resources that meet their needs.

## Meetings Held on Wednesdays

(October 18<sup>th</sup>, November 15<sup>th</sup> and December 20<sup>th</sup>)

**In person meetings from 6:00pm-7:30pm**

**@ Ken-ton Family Support Center,**

**255 Myron Ave, Kenmore, NY 14217**

**For More information:**

**Contact Heather Wood, Family Peer Support Specialist**

**716-486-3295 or [hwood@ndyfs.org](mailto:hwood@ndyfs.org)**