

Children's Special Health Care Services (CSHCS) of Kent County

# Parent Support Group

Parenting a child, with special health care concerns, can be both rewarding and challenging. CSHCS of Kent County, provides a quarterly parent support option aimed at creating a safe space for your family to share and receive information.

There are many benefits to joining our group!

- ✓ A great way to meet other parents for emotional and practical support.
  - ✓ Learn practical skills to reduce stress.
- ✓ Get support with the challenges you have and offer support to others.
  - ✓ Make friends with other parents within your community.
  - ✓ Know you are not alone in how you are feeling.
- ✓ Dinner and free childcare are provided by our program staff and volunteers.



## 2023 Meeting Dates

**TUESDAYS - 5:30pm - 7:00pm**

**Children are welcome & Dinner is provided!**

**Kent County Health Department**

(700 Fuller Ave NE Grand Rapids, MI 49505)

January 10, 2023

April 11, 2023

July 11, 2023

October 10, 2023

(Please RSVP so that we are able to provide childcare and food.)

Call/email questions/RSVP at 616-632-7055 or

[Brandi.Berry@kentcountymi.gov](mailto:Brandi.Berry@kentcountymi.gov)