



Families CARE

CENTER FOR ADVOCACY
RESOURCES & EDUCATION



FAMILIES CARE VIRTUAL SUPPORT GROUPS

Stir crazy yet? Let's stay connected!

We understand that social distancing and isolation are best to quell the spread of coronavirus...but this is tough!! We are all in this together, though, so let's connect and support one another over the coming weeks. You, your family and friends are invited to join us via Zoom videoconference to stay well...stay sane... feel understood...maybe even thrive!

Questions? Call Karla at 308-991-6099

**Fun, support, tips
and strategies for:**

Parents Support Group

Mondays 7-8 pm

**[https://zoom.us/j/675
534200](https://zoom.us/j/675534200)**

Contact Info:

Terrill 402-469-4763

*Youth/Young Adults
(Ages 16-26)*

Thursdays 7:30-8:30 pm

**[https://zoom.us/j/542
463507](https://zoom.us/j/542463507)**

Contact Info:

Rebekah 308-224-4153

Grade 6 thru Age 15

Mondays 7:30-8:30 pm

**[https://zoom.us/j/892
885105](https://zoom.us/j/892885105)**

Contact Info:

Karla 308-991-6099

*Elementary children
(Grades K-5)*

Wednesdays 3:30-4:30 pm

**[https://zoom.us/j/221
781700](https://zoom.us/j/221781700)**

Contact Info:

Jenn 308-440-0317



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