

## Parent & Guardian Caregivers

Join us for

## JCHAI's Monthly Drop-in Support (free & virtual)

Caregivers of people 17 and up with developmental differences or disabilities WELCOME to share feelings and resources.

This is drop-in, come as you are! Gently facilitated by JCHAI's Dr. Beth Rosenwasser. She ends with a 10-minute mindful meditation to leave us in a positive place.

No need to register. Each monthly meeting is a 1-hour virtual support group. Below is the link for this month *which you may share*.

Dr. Beth Rosenwasser is inviting you to a scheduled Zoom meeting.  
Topic: JCHAI Caregiver of Adults 17+ - free Support Group Meeting  
Time: **Thursday, December 8, 2022 from 7:30 - 8:30 PM ET**

Join Zoom Meeting  
<https://us06web.zoom.us/j/83065954001>

The link changes monthly. We usually meet on Thursdays but because of Thanksgiving/Indigenous People Celebration, we are meeting Monday before Thanksgiving. To receive the link in future months, email Beth to join the list. We email new links monthly (to protect against intruders).

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