

## Parent & Guardian Caregivers Join us JCHAI's Monthly Support Group (free & virtual)

Caregivers of people 17 and older with developmental disabilities are WELCOME to gather monthly 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, April 7, 2022 from 7:30 - 8:30 PM EST**

Join Zoom Meeting  
<https://us06web.zoom.us/j/85784922484>

Meeting ID: 857 8492 2484  
One tap mobile  
+19294362866,,85784922484# US (New York)

The link changes monthly. To receive the link in future months, email Beth to join the list. We email new links monthly (to protect against intruders). *Next: Thurs April 7<sup>th</sup>.*

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