



**LET'S TACO 'BOUT IT!**

**A Parent Support Group**

**THURSDAY, JANUARY 28, 2021**

**7:00 PM-8:30 PM**

**IN THE COMFORT OF YOUR OWN HOME VIA ZOOM**

**STRESSED? | OVERWHELMED? | DEFEATED?**

Join us for a FREE parent/guardian support group with an Aunt Martha's clinician. You'll be able to talk through difficulties, learn coping skills, and meet others you can relate to.

This support group will meet on Zoom every other Thursday for 90 minutes starting January 28<sup>th</sup>. Please RSVP to Carli Nehls at any point in time to reserve a spot and receive your personal zoom invitation.

Carli Nehls, MSW

[cnehls@auntmarthas.org](mailto:cnehls@auntmarthas.org)

(708) 341-5580