

# JFS Parent Virtual Support Series

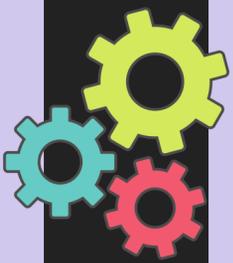
This weekly work-group series is designed for parents to connect and share experiences, support each other and learn effective coping strategies. The series is offered at no-cost and is open to the public.

**Sessions will be held every Wednesday on Zoom from 10-11 AM.**



**JUNE 24TH**

Coping & Self-Care Strategies



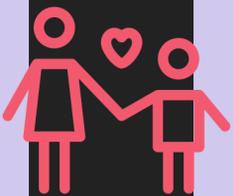
**JULY 1ST**

Processing & Accepting Change



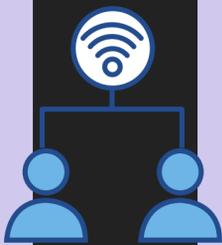
**JULY 8TH**

Emotional Management for Parents



**JULY 15TH**

Helping Children Manage Their Emotions



**JULY 22ND**

Managing Social Connections

**To RSVP or learn more about the program, please contact JFS at 716.883.1914 or email [Groups@JFSBuffalo.org](mailto:Groups@JFSBuffalo.org).**

**You may register for all sessions or pick and choose which topics suits your needs best! Learn more at [jfsbuffalo.org](http://jfsbuffalo.org).**

