

Strengthening Family Coping Resources

What's It All About?

- 10 weeks of fun, food, support, and learning
- Group meets for 2 hours every week
- Each group starts with a family dinner
- Get to know 5 other families
- Learn how rituals and routines strengthen your family
- Talk with other parents
- Focus on keeping your family safe

Information about SFCR Group

SFCR

Strengthening Family Coping Resources

If Interested, Please Contact