



Virtual Caregiver Support Group

What are these new behaviors? How do I help my kids through this? Why is it so hard to set a routine? Am I doing this right? How do I balance homeschool and parenting?

You may have asked yourself these questions recently. The current public health crisis continues to test all of us, and parents/caregivers are facing a unique challenges at this time.

Managing responsibilities as parent/caregiver, finding ways to support your children, and managing your mental health is difficult during this time - Tanager Place is here to help!

Join us for a free, virtual support group for parents and caregivers!

- Connect with other parents looking for support
- Learn strategies to engage with children during social distancing
- Improve your ability to balance work, personal life, and parenting
- Discuss your needs and challenges in a safe space

Join us Tuesdays at 2:00 PM via Zoom .

All Parents/Caregivers are welcome to join.

(Not required to be a Tanager Place client.)

Groups Start Tue April 14

For information and link to join contact:

Josh Sarnecky at jsarnecky@tanagerplace.org.

Tanager Place Virtual Support groups take the safety of all very seriously.

To ensure virtual support groups are a safe place, the following protocols will be followed:

1. Only the Tanager Place Host can control chat access
2. Only the Tanager Place Host can screen share
3. If necessary, the Tanager Place Host can control the mute function
4. The Tanager Place Host will remove an individual from the session for not following group norms.

****Virtual Support Groups are 100% voluntary, If at any time you are uncomfortable during a group session, you have the ability leave the session.****

