



Join our **online** problem-solving session for parents.

Self-care from the comfort & safety of your own home.

- Share your concerns, challenges and triumphs with other parents of kids, teens and young adults with autism.
- Hear effective strategies for dealing with school, public services, socialization, independent living, diet, life transitions and more.
- Gain comfort and encouragement from the common experiences of moms and dads like you.
- **Leave with the feeling that there's hope, there's help and you're not alone.**

Discussion guided by **Debora Smith**, mother of a young adult with autism.

A Heart-to-Heart with Mom

Thursday, February 18, 2021 7:00 - 8:30pm PST

ONLINE  **zoom** registration link:

https://us02web.zoom.us/join/zoom/register/tZlvd--qrTstE9fA_y7cdEhQi0_P22ZDoR0G



The 2021 Parent Support Group Schedule **Every 2nd Thursday & 3rd Thursday**

714-501-8735

www.autismresourcemom.org

Support, guidance and hope for individuals with autism and their families.