



SURVIVING & THRIVING

Finding Balance and Moving Forward

A FREE monthly virtual workshop

Designed for parents of young children with autism spectrum disorder or other developmental challenges

Join us on Wednesday evenings from 8 to 9 on Zoom!

Schedule for 2021 through 2022:

October 13, 2021

November 10, 2021

December 8, 2021

January 12, 2022

February 9, 2022

March 9, 2022

April 13, 2022

May 11, 2022

Surviving and Thriving is a support group that allows you to connect with other parents who are raising a child with special needs. Come share, learn from others, and practice self-care strategies such as imagery and mindfulness meditation.

Sonia Voynow, LCSW is a psychotherapist and the parent of a child with ASD. For over a decade, she has been facilitating support groups for parents and grandparents.

***To register and for more information, please contact
Sonia Voynow at www.survivingthriving.com***