

Do you feel
isolated
trying to
care for your
loved one
with special
needs?



COFFEE TALK IS FOR YOU!

YOU'RE INVITED to join The Resource Exchange's weekly support group for parents of children or adults with developmental delays or disabilities.

Caring for babies, children, teens and adults with disabilities can be exasperating and overwhelming. Talking with other parents in a relaxed, safe environment can help you learn to not isolate yourself and lean on other parents who understand what you're going through.

JOIN OTHER FAMILY
MEMBERS THE FIRST
WEDNESDAY OF
EACH MONTH

9:30-11:00 a.m.

at **Café 225**

225 North Weber Street,
Colorado Springs, CO 80903

MARK YOUR CALENDAR!

**February 6, March 6,
April 3, May 1**

*You don't need to sign up,
just show up! If you have any
questions, please contact Program
Coordinator Ginger Stringer
at 719-205-2110 or at
gstringer@tre.org.*

*The Resource Exchange's mission is to partner
with people living with developmental delays or
disabilities to help them navigate the complex
system of supports and assist them in achieving
the life they want to live, working closely with
the families who love them.*

