



## *Hawaii Fetal Alcohol Spectrum Disorders (FASD) Action Group*

**FREE**

## **Parent & Caregiver Support Group**

The *Hawaii Fetal Alcohol Spectrum Disorders (FASD) Action Group* will be hosting a monthly virtual support group for Parents & Caregivers of children with Fetal Alcohol Spectrum Disorders and/or other health disabilities via Zoom. This group is a safe and welcoming space for parents and caregivers to share their feelings and experiences with others who understand, discuss challenges and solutions that have worked for them, develop friendships, and gain emotional support.

**WHEN:** First Monday Every Month, @ 7pm - 8pm

**WHERE:** ZOOM

Please send an email to parent facilitator Sina P.

[Pili.sina.p@gmail.com](mailto:Pili.sina.p@gmail.com)

A meeting invite link will be sent to you

\* This is a confidential resource for parents and care providers supporting each other. It is in no way professional counseling or therapy.

