

'Ohana Support Services

A Program Funded by the Hawai'i State Department of Health, Child and Adolescent Mental Health Division

Is Offering Virtual Nurturing Families
Parent Support Groups via Zoom

Groups are offered to all Parents/Caregivers throughout Hawaii who
are seeking education & support

Introduction + Nurturing as a Lifestyle

Wednesday, January 19, 2022 10:00 AM – 11:00 AM with Trudy

Monday, January 24, 2022 10:00 AM – 11:00 AM with Brandon

Developmental Expectations and Stages

Wednesday, February 2, 2022 10:00 AM – 11:00 AM with Trudy

Monday, February 7, 2022 10:00 AM – 11:00 AM with Brandon

Developing Empathy + Parents & Children's Needs

Wednesday, February 16, 2022 10:00 AM – 11:00 AM with Trudy

Monday, February 21, 2022 10:00 AM – 11:00 AM with Brandon

Developing Personal Power + Building Self-Worth

Wednesday, March 2, 2022 10:00 AM – 11:00 AM with Trudy

Monday, March 7, 2022 10:00 AM – 11:00 AM with Brandon



For More Information & Questions,

Call 'Ohana Support Services at (808) 681-1438

The groups offered are voluntary and intended for support & enrichment purposes. There are no certification and/or credits offered.

**Attend For a
Chance to Win a
\$25 Gift Card!**

(For Details, See Next Page)

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Group w/ Trudy 10-11am	20	21	22
23	24 Group w/Brandon 10-11am	25	26	27	28	29
30	31					

Zoom Information

Wednesday Group with Trudy

<https://zoom.us/j/96555834984?pwd=TnVHK2dpamFYsk04VmVmWmZQSHNWQT09>

Monday Group with Brandon

<https://zoom.us/j/95419167935?pwd=ZGRLUKR1eEJ6MIRVbUVPZ1ZadEFxQT09>

Attend For a Chance to Win a \$25 Gift Card!

Parent/Caregiver must attend the full session to be entered in the gift card drawing. Each attendance in the 8-week session = 1 entry for the drawing. Possible 8 total entries in the drawing for each group. One winner per group will be selected at the end of the 8-week sessions and will be notified via phone/email.



We're All About Family!

www.childandfamilyservice.org



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