



# Parents Meeting Parents

We are parents with sons and daughters who have developmental disabilities. We get together the second Thursday of each month to share stories, advice, frustrations, and support. We also have speakers on topics that we're interested in.

All family members and caregivers are welcome.

## Coming Up:



April 6 - **Self Care: NO—it's not burnout!**

*Find out more about compassion fatigue and learn strategies to keep you healthy and whole.*



May 11 - Recreation and leisure resources in Kingston

June 8 - mutual-support get-together; location TBA

Meetings are held at Community Living Kingston and District

**1412 Princess Street, from 6:30 to 8:30 unless otherwise specified.**

For more info about the group contact :

Leslie at Community Living Kingston and District

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Or Diane at [dbhousekeepingplus@yahoo.ca](mailto:dbhousekeepingplus@yahoo.ca)

Join our Facebook group at: special needs parent support and friendship