



# Early Start (0-3) Support Group



**2<sup>nd</sup> Thursday of each month**

**10:30 am – 11:30am PST**

**On Zoom!**

## Welcome....

**To all parents who have little ones with disabilities and are looking for a supportive community.** Come and discuss your feelings and concerns. Ask questions.

**For registration and questions, please contact Birgit Switenki at [birgits@matrixparents.org](mailto:birgits@matrixparents.org)**

Support Group will touch on common themes that all parents experience with their little one, including: The Grieving Process, Re-Defining of Self, Lessons Learned by Having a Child with Disabilities, Advocacy & Self Care.

- January 9, 2025
- February 13, 2025
- March 13, 2025
- April 10, 2025
- May 8, 2025

Matrix Parent Network and Resource Center is now [Matrix Parents](#) at [Marin Center for Independent Living \(Marin CIL\)](#) / Matrix Parent Network and Resource Center es ahora [Matrix Parents](#) en [Marin Center for Independent Living \(Marin CIL\)](#).