



## Motivational Monday Family Support Group

Come out and join us for our first Motivational Monday Support Group.

Relax, unwind and talk as we uplift and encourage each other. Let's discuss this virtual school, life returning to "normal" and everyday stresses, all while we motivate and encourage one another to persevere.

*"It's going to be hard, but hard doesn't mean impossible."*

*-unknown*



**When:** Monday, September 21st

**Time:** 5:00 - 6:30 PM

**Where:** Online Zoom Meeting \*

**Cost:** Free

\*Zoom is a free video and phone conferencing tool. Just click in and join from your computer, tablet, or smart phone. Downloading the free Zoom app is recommended, but not required.

**For more information and to receive Zoom link, contact:**  
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