Cattaraugus County Parent Support Group

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen" ~ Winston Churchill

We will:

- meet at Olean YMCA, 1101 Wayne St.
- start with a family supper at 6PM. You may bring a dish to pass.
- provide childcare at 6:30 PM and begin meeting
- have our meeting in the staff lunch room since the YMCA is having a family FUN night in the gym from 5-7PM. You may want to come early to take part in family FUN night
- encourage parents to try a mindfulness exercise
- facilitate discussion allowing time for your parenting concerns

Upcoming events:

- Sensory Processing workshop November 8th at Olean Public Library, 6-8PM
- Observing and Communicating Behaviors workshop November 17th at Olean YMCA. **This will be our November Parent Support Group meeting.** (childcare and pizza provided) Presentation will start at 6:30, pizza at 6:00PM. **We will not meet the Friday after Thanksgiving.**
- DRUMMING-We were awarded funds to continue having drumming circles throughout the year. Look for dates and times.
- Cattaraugus County Parent Support Group at King Memorial Library in Machias Monday, November 13th at 6-7:30PM
- Cattaraugus County Parent Support Group at Randolph Public Library Tuesday, November 21st 6-7:30PM