

## 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 8<sup>th</sup> at Olean Public Library, 6-8PM
- Observing and Communicating Behaviors workshop November 17<sup>th</sup> 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 13<sup>th</sup> at 6-7:30PM
- Cattaraugus County Parent Support Group at **Randolph** Public Library Tuesday, November 21<sup>st</sup> 6-7:30PM