

#### INVITING ANY & ALL CAREGIVERS TO JOIN

# The Crying Meed

- + A place for those who love hard & serve big +
  - + A safe space to feel & be heard +
- +Shared time to support & consider our own needs+

# say them out loud, cry if you need

## ANY & ALL CAREGIVERS & COMMUNITY SUPPORTS THIS FREE GROUP IS DESIGNED FOR:

- +social workers +school staff +teachers
  - + first responders + school counselors
- + therapists + medical professionals + caregivers

### basically any devoted community supports

this adult peer drop-in group meets virtually every Wendesday from 11:00am – 1:00pm





sign up here