



VIRTUAL CAREGIVER SUPPORT GROUPS

Facilitated by licensed clinicians!

Small Groups:

see you there!

Our caregiver support groups are limited to ten participants to **ensure a safe and trusting space** for support and vulnerability. The sessions are designed to carry the same cohort through **four sessions together** to foster continuity.

100% Confidential:

Confidentiality is a non-negotiable within The Known Foundation. Participants only use a first name (any name) and **no personal identifiers are used**. Sessions are **never recorded, nor transcribed** to ensure the ongoing privacy for participants.

Professional Advice:

While we do not classify these support sessions as therapy, our caregiver support sessions are **facilitated by experts** in the field. The Known Foundation only partners with **board-certified, licensed clinicians** to lead support sessions.

Peer + Community Support:

Parenting is a team sport. Our support sessions are intentionally designed to be **collaborative and interactive**. In learning from others, sharing with others, and learning alongside others, we can tap into