



# AUGUST



## Ohio County Family Support Center Events

Thursday

**August 7th**

**Time to be announced**

### **Pool Party**

Pool Party at Bridge Park on Wheeling Island. Enjoy a night of swimming with your family!

Monday  
**August 11th**

5:30 - 7pm

**August 25th**

1:30-2:30

### **Circle of Parents**

*All are welcome! For caregivers to connect while their children participate in our children's program.*

Wednesday

**August 13th**

1-2:30 pm

### **Calm in the Chaos: Together we Heal**

*A free, supportive class designed to help you understand how trauma and stress impact your mind and body.*

Friday  
**August 15th**

11a-2pm

### **Lawyer in the School**

*Are you an Ohio County Parent that needs free civil legal advice? Come talk to a lawyer at the Family Support Center!*

Thursday  
**August 21st**  
9:30-11am

### **Playgroup**

*Hang out with other parents & caregivers while your kids (under 5 years old) play and socialize!*

Thursday  
**August 21<sup>st</sup> 10-11:30am**  
while supplies last

### **Food Distribution**

Mountaineer Food Bank and the Ohio County FRN  
\*WV Residents Only\*  
Wheeling Island Casino Parking Lot

**Registration is required for FSC events!**

**email: [familysupport@ocfrn.com](mailto:familysupport@ocfrn.com)**

**call: (304) 905-0205**

[www.ocfrn.com](http://www.ocfrn.com)

[facebook.com/OCFamilySupport](https://facebook.com/OCFamilySupport)

Funding provided by the Department of Human Services, Bureau for Family Assistance

