

Caregiver Mental Health Support &

Social Hour



• Accessible facility and parking •

Cafe and Bar:

Drinks and snacks will be available for purchase!

Who:

- For caregivers of children with special needs

What:

- A weekly community-based caregiver support group that focuses on promoting mental health and social engagement!
- Sessions will cover mental health disorders, coping strategies, stress management, mindfulness, art therapy, and more!
- Sessions will be facilitated by a Marquette occupational therapy graduate student.
- There will be occupational therapy graduate students from Marquette available to engage your children in enriching and exciting gross motor, fine motor, and sensory activities.

When:

- 10 AM - 11 AM
- Every Wednesday from May 31st to August 2nd
 - No session will be held on July 5th, 2023

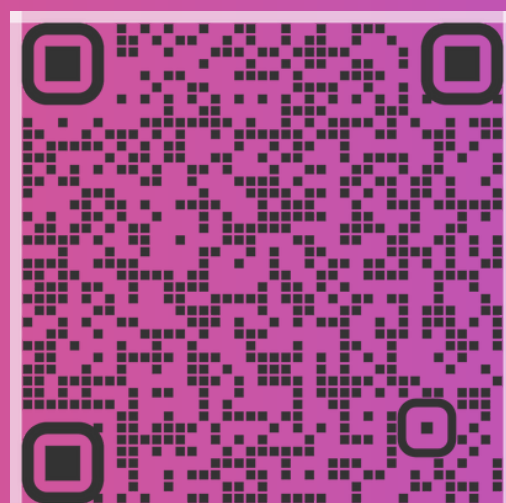
Where:

Brookfield Sports Complex
19485 Lisbon Rd,
Brookfield, WI 53045

Provided in partnership by:



Scan here to register!



Session Schedule

| Date | Topic: |
|------------------|-------------------------------|
| May 31st, 2023 | Mental Health & Coping Skills |
| June 7th, 2023 | Stress Management |
| June 14th, 2023 | Mindfulness & Yoga |
| Jun 21st, 2023 | Respite Care Options |
| June 28th, 2023 | Art Therapy |
| July 12th, 2023 | Conflict Management |
| July 19th, 2023 | Self Help Group Part 1 |
| July 26th, 2023 | Self Help Group Part 2 |
| August 2nd, 2023 | Caregiver Soccer Game! |