



Grupo de apoyo Mecklenburg County

## About us

We are a support group with a trustworthy environment to be able to express yourself freely, learning from the experience of other parents and experts who share with the group to help and advocate for their children or relatives within the community.

We share and learn about the different medical conditions that exist in the categories of Autism, Intellectual and Developmental Delay (IDD), Mental Health Condition (MH), Traumatic Brain Injury (TBI), Substance Use (SUB).

We recognize the problems and needs that group members face and seek viable solutions through advocacy and support from authorities in the community.

Designed for Hispanic families or individuals with a dependent with an Autism condition, Intellectual and Developmental Delay (IDD), Mental Health Condition (MH), Traumatic Brain Injury (TBI), Substance Use (SUB) and people who want to learn and support these families.

## Contact Us



WHATSAPP



FACEBOOK



LINKEDLN



CONTACTO



INSTAGRAM



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PINTEREST



YOUTUBE

*Puede encontrarnos en las siguientes redes sociales.*



# GRUPO DE APOYO PODER Y ESPERANZA

Share. Learn. Advocate



GRUPO DE APOYO PODER Y ESPERANZA  
PROGRAM OF MENTAL HEALTH TRANSFORMATION ALLIANCE  
grupopoderyesperanza@gmail.com



Union County, NC

## When and where are the meetings?

Consult In person meetings in your county. Meetings are available online on Fridays by zoom at 7:00 pm. Every parent is welcome in any area of North Carolina. join the Zoom meetings. Meeting ID: 895 4913 2441 Passcode: 393654



Grupo de Apoyo Union County, NC

## Supports that exist in the group.

The group carries out webinars, workshops, professional talks, trainings, and community information. This is done with the support of other institutions so that families learn and share information, techniques, and resources within the community.

*“THERE NEEDS TO BE MUCH MORE EMPHASIS ON WHAT THE CHILD CAN DO INSTEAD OF WHAT CAN'T DO”.*

## TEMPLE GRANDIN

### Workshops.

The workshops are directed by different organizations on demand.

1. Apply for services and bring medical records.
2. Work together with the school.
3. Basic Life Skills. (ABA for parents).
4. I have the diagnosis now what?
5. Sensory Diet as a self-regulation method.
6. Relationships and Sexual Education (focused on parents of people with IDD)
7. Leadership (10 sessions of 2 hours).
8. Triple P for 0-12 age or groups teens (Positive Parenting Program).
9. Life Coach.



Grupo de apoyo Randolph County

## Meetings.

Every Friday of each month with different information.

1. First Friday. Sharing our ups and downs in different situations, learning from each other, focused on parents of children under 12 years of age. (Some occasions with special guests).
2. Second Friday. We will talk about strategies that are used for different aspects of daily living and resources to use focused on parents of children over 13 years of age. (Some special invited occasions).
3. Third Friday. Group Leaders. Strategies for Learning Advocacy and Leadership in the NC Medical, Educational, and Legislative System
4. Fourth Friday is for in-person meetings in each County.