

# A Virtual Support Group for Caretakers of Family Members with Developmental Disabilities



**Thursdays  
12:30-1:30 PM**

**\$50 / session**

**Facilitated by:  
Maggie Levy, LCSW, CPC**

## Who

- Do you have a family member you take care of with a developmental disability?
- Are you a resident of New York or Connecticut?

## Learn

- Learn practical stress management tools
- Explore and process what it means to be a caretaker of a family member with special needs
- Connect with other parents who understand
- Explore ways to handle behavioral and mental health needs

## Why

- Are you feeling overwhelmed
- Do you feel alone?
- Are you worried about the future?

## Interested

Contact Maggie for a 15 minute complimentary consultation to ask questions and schedule an intake to join the group

Call/text: 914-329-2688  
Email: [maggie@maggielevy.com](mailto:maggie@maggielevy.com)

Learn more about Maggie at [www.maggielevy.com](http://www.maggielevy.com)