

# Stanford Youth Solutions + Sierra Forever Families **Parent-to-Parent Support Group Program**



## Virtual Support and Connection Groups For Families

Topics Such as:

Distance Learning

Cooking with your  
kids

Self -Care

And More!

**Groups are held once a week at 3:00-4:30PM**

### Call to RSVP

#### **1<sup>st</sup> Monday of the Month**

Call RoMel to RSVP: 916.215.6382

#### **1<sup>st</sup> Friday of the month**

Call to Lisa RSVP: 530.308.3283

#### **2<sup>nd</sup> Tuesday of the month**

(Spanish Speaking)

Call Blanca to RSVP: 916.584.5201

#### **3<sup>rd</sup> Wednesday of the month**

Call Shelley to RSVP: 916.591.0196

#### **4<sup>th</sup> Thursday of the month**

Call Michelle to RSVP: 916.584.5198