

# Sharing Our Strengths and Struggles



**Connect with other parents of children and youth with disabilities as we support one another in new ways.**

These Virtual Chats offer an opportunity for parents to share ideas and hear from others who are experiencing the same challenges.

These conversations focus on supporting our social-emotional health, self-care, and accessing helpful resources.

**Thursday, May 14, 2020**  
1:30pm-2:30pm  
7pm-8pm

**Thursday, May 28, 2020**  
11am-12pm  
6pm-7pm

All May sessions will cover the same topic. Space is limited for each session. Pre-registration required: <https://www.surveymonkey.com/r/strengthsandstruggles>

If you require accommodations or materials in an alternative format, please let us know one week before the workshop.

Michigan Alliance for Families staff are working from home and still available to assist you with your special education questions and concerns.

Contact us at 1-800-552-4821 or [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)

Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education, and Michigan's federal Parent-Training and Information Center (PTIC) funded by U.S. Department of Education, Office of Special Education Programs (OSEP).