

'Ohana Support Services

A Program Funded by the Hawai'i State Department of Health, Child and Adolescent Mental Health Division

Is Offering Virtual Nurturing Families
Parent Support Groups via Zoom

Groups are offered to all Parents/Caregivers throughout Hawaii who
are seeking education & support

Developing Empathy + Parents & Children's Needs

Wednesday, February 16, 2022 10:00 AM – 11:00 AM with Trudy

Monday, February 21, 2022 10:00 AM – 11:00 AM with Brandon

Introduction + Nurturing as a Lifestyle

Tuesday, February 22, 2022 10:00 AM – 11:00 AM with Sara

Developing Personal Power + Building Self-Worth

Wednesday, March 2, 2022 10:00 AM – 11:00 AM with Trudy

Monday, March 7, 2022 10:00 AM – 11:00 AM with Brandon

Developmental Expectations and Stages

Tuesday, March 8, 2022 10:00 AM – 11:00 AM with Sara

Discipline w/Dignity + Developing Morals & Values + Family Rules

Wednesday, March 16, 2022 10:00 AM – 11:00 AM with Trudy

Monday, March 21, 2022 10:00 AM – 11:00 AM with Brandon



For More Information & Questions,

Call 'Ohana Support Services at (808) 681-1438

The groups offered are voluntary and intended for support & enrichment purposes. There are no certification and/or credits offered.

**Attend For a
Chance to Win a
\$25 Gift Card!**

(For Details, See Next Page)

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Group w/ Trudy 10-11am	3	4	5
6	7 Group w/Brandon 10-11am	8	9	10	11	12
13	14	15	16 Group w/ Trudy 10-11am	17	18	19
20	21 Group w/Brandon 10-11am	22 Group w/Sara 10-11am	23	24	25	26
27	28					

Zoom Information

Wednesday Group with Trudy

<https://zoom.us/j/96555834984?pwd=TnVHK2dpamFYSk04VmVmWmZQSHNWQT09>

Monday Group with Brandon

<https://zoom.us/j/95419167935?pwd=ZGRLUkR1eEJ6MIRVbUVPZ1ZadEFxQT09>

Tuesday Group with Sara

<https://zoom.us/j/99958351115?pwd=VS9ydnd5UDNUMUZEYmtwZC9LNUxNdz09>

Attend For a Chance to Win a \$25 Gift Card!

Parent/Caregiver must attend the full session to be entered in the gift card drawing. Each attendance in the 8-week session = 1 entry for the drawing. Possible 8 total entries in the drawing for each group. One winner per group will be selected at the end of the 8-week sessions and will be notified via phone/email.



We're All About Family!

www.childandfamilyservice.org



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