

When: Sunday January 28, 2024

Time: 3-5pm

Location: email Tara for details at openforpeace@gmail.com or phone/text 2048803285

For Kids: Games, arts, crafts, peanut free snacks. We will chat about participants' strengths, what's happening in their lives and explore ways to build resiliency with life challenges they may face. We will play/hangout in the kids' area.

For Parents: Coffee, tea, talk about how their kids are doing, ways to cope with challenges, and resource sharing in the coffee room/adult space. This will be a self-led group, with Tara as a resource.

Cost: Free, please RSVP and indicate any allergies.

Kids group: Facilitated by Tara Sheppard-Luangkhot, PhD Candidate, trained therapist, director of O.P.E.N., the Organization for Peace, Equity & Nonviolence. Tara is a member of the 2SLGBTQI+ community. Members of all groups will kept confidential.

More info about O.P.E.N. Inc., at www.tarasheppard.com/OPEN

Stay tuned for teen/parents group!