

A SWEET AFTERNOON FOR A SWEET MOMS

An afternoon of Quali -tea Time and
sweet treats await!



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FRN invites the Arab moms with special needs kids to join us the first Thursday of the month. We'll share information on topics of interest to you and look forward to you sharing your experiences.

You are not alone. We are here to support you.

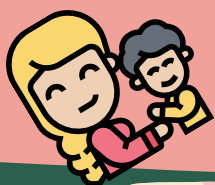
More details at the back of this flyer!

FAMILY RESOURCE NAVIGATORS HERE TO SUPPORT YOU

- **June, 02, 2022** , Topic: about this group (who we are, our Goals, our Activities in 2022)
- **July, 07, 2022** , Topic: I'm tired of my child special needs , challenges faced by parents of disabled child
- **August, 04, 2022** , Topic : How parents can help themselves and their children to feel okay again
- **September, 1st ,2022** , Topic: Tips for Moms to make Daily routine and manage her time in productive way
- **October, 6, 2022** , Topic: How I can deal with new culture with special needs kid
- **November, 3, 2022**, Topic: My rights, my responsibilities as undocumented parents and Raising special needs kid
- **December, 1st ,2022** , Topic: Why you should teach your kids about different religions
- **January, 5 ,2023** , Topic : How to connect with a teen Disabled son as he continues to change.
- **February, 2nd , 2023** , Topic: if your schools won't teach Anti-racism, here what you can do at home.
- **March, 2nd , 2023** , Topic: Resources to Learn English For Arab parents in the bay Area.

Location : Lake Merritt Park -Oakland CA at 11:00-1:00 pm , we'll keep you updated if we change the location

Free Babysitter is Available , Henna and Halal Food



**Don't forget to RSVP with Mayyadah
Text or call 5107591004**