

You're not alone

GROWING TOGETHER

Grow together!

We can do it!

YOU'RE NOT ALONE

COMBAT ISOLATION and BURNOUTS
OPPORTUNITIES FOR SOCIAL ENGAGEMENT

1

PROGRAM

CAREGIVER

CAREGIVERS WILL BE CONNECTED TO A SUPPORT GROUP FOR ACTIVITIES.

****EACH GROUP WILL HAVE A KEY PARENT LEADER
LANGUAGE SUPPORT IS AVAILABLE FOR CAREGIVERS**

ADULTS WITH DISABILITIES

DAILY LIVING

PARTICIPANTS WILL LEARN ABOUT DAILY LIVING ACTIVITIES!

EX) HOW TO COOK, HOW TO DO LAUNDRY, HOUSE WORK, ETC

RECREATIONAL

EX) MUSIC, MOVIE, OUTING



EVERY WEDNESDAY:
10 AM - 12 PM
STARTING DATE: JAN 6TH 2021

****THIS IS A 10-WEEKS PROGRAM
WE WILL HAVE 3 WEEKS BREAK AT THE END OF
EACH QUARTER FOR PROGRAM PREPARATION.**

2

ELIGIBILITY

LOW-INCOME PERSON
WITH DISABILITIES
- AND -
THEIR CAREGIVERS

AGE LIMIT: 18+

3

Q & A - AND- REGISTRATION

PROGRAM MANAGER

SAFIO ABDI (ENGLISH / SOMALI)
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PROGRAM LEAD

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PROGRAM COORDINATOR

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ONLINE
REGISTRATION

