



Community and Family Builders Support Group

**Presented by: Precious
Memories/Community
and Family Builders**

**Thursday, January 25th, 2024
2 p.m. - 3 p.m.**

via Zoom

Register today: <https://bit.ly/47GiIwu>
You will receive a confirmation email.

Diane Powell, Support Group Facilitator
412.302.2952



**Build a support system with
people who understand.**

- Exchange practical information in challenges and possible solutions
- Develop a support system
- Talk through issues and ways of coping
- Share feelings, needs, and concerns
- Learn about community resources