



Family Support Services OFFERS

FREE ONLINE SUPPORT



**Confidential face-to-face
emotional health support
meetings for families,
couples and individuals**

Adult Support Groups



**Therapeutic Fun Clubs for
children, caregivers and
families**

IF INTERESTED PLEASE CONTACT:
DR. SUSAN REGAS
familysupport@rmhcsc.onmicrosoft.com



FREE ONLINE SUPPORT FOR RMH FAMILIES

- Confidential face-to-face emotional health support meetings for families, couples and individuals
- Adult Support Groups
- Therapeutic Fun Clubs for children, caregivers and families

CALENDAR OF ACTIVITIES:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
11am		Kids Fun Club				Support Group: Financial Stressors					
12pm	Chat with Jenny	Chat with Cristian	Kids Fun Club Workshop		Chat with Carolyn						
1pm	Stress and Wellness Workshop	Skribbl Family Fun Club	Support Group: Coping with the Changing Times	Club de Diversion para Padres	Chat with Alex and Courtney		Chat with Kendra				
2pm	Adult Fun Club	Chat with Katie	Chat with Silvia	Workshop	Support Group	Workshop	Support Group: Grief and Loss	Communication Workshop			
3pm	Chat with Ansimone and Tania	Chat with Eve & Elizabeth	Support Group: RMH Housing Transition	Chat with Danielle	Kids Fun Club	Kids Fun Club: Pogo	Workshop	Support Group: Grief & Loss	Chat with Keri	Family Fun Club	Adult Fun Club
4pm		Adult Fun Club	Taller de Padres	Chat with Kelly	Workshop		Grupo de Apoyo: Café con leche	Kids Fun Club			
5pm		Kids Fun Club	Kids Club: Charades	Kids Fun Club	DIY Games and Crafts	Workshop		Support Group			
6pm		Family Workshop				Adult Fun Club	Charlar con Silvia	Workshop	Chat with Karam		
7pm	Family Support Group	Breath Workshop	Adult Fun Club	Support Group: Anxiety	Adult Fun Club	Adult Fun Club: Trivia	Adult Fun Club	Support Group	Adult Fun Club		
8pm						Adult Fun Club	Adult Fun Club	Kids Fun Club			

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