



FAMILIES CARE

VIRTUAL SUPPORT GROUPS

Feel like the world's craziness is here to stay?
Together, we can persevere and find ways to cope and grow stronger!

Let's connect and support one another. You, your family and friends are invited to join us via Zoom videoconference to stay well...stay sane...feel understood...even thrive!

Questions? Call Karla at 308-991-6099.



Fun, support, tips and strategies for:

Parents' Support Group

Mondays 7-8 p.m.

[https://zoom.us/j/](https://zoom.us/j/95295623580)

[95295623580](https://zoom.us/j/95295623580)

pw: 510473

Contact Info:

April 308-293-8661

Terrill 402-469-4763

Youth/Young Adults

(9th grade thru age 25)

Thursdays 7:30-8:30 pm

[https://zoom.us/j/](https://zoom.us/j/95108663820)

[95108663820](https://zoom.us/j/95108663820)

pw: 693594

Contact Info:

Rebekah 308-224-4153

Middle School Meetup

(5th-8th grades)

Mondays 7:30-8:30 pm

[https://zoom.us/j/](https://zoom.us/j/95084156290)

[95084156290](https://zoom.us/j/95084156290)

pw: 596477

Contact Info:

Karla 308-991-6099