



# *El Paso County*

## *Kinship Support Group*

- ◆ **Connect with others during this confusing time!**

The Department of Human Services is excited to announce a series of informational sessions to discuss things we all want and need to know about caring for ourselves and our children. This will be a great time for you to make connections with other caregivers, acquire new tools for your “toolbox”, and to strengthen your support networks!

- ◆ **Learn ways to help manage stress!**

Due to concerns regarding COVID-19, we are holding groups in a hybrid manner. We are only allowed 10 people in person so please RSVP to solidify your in person spot! We have no such restriction for the virtual platform come one come all.

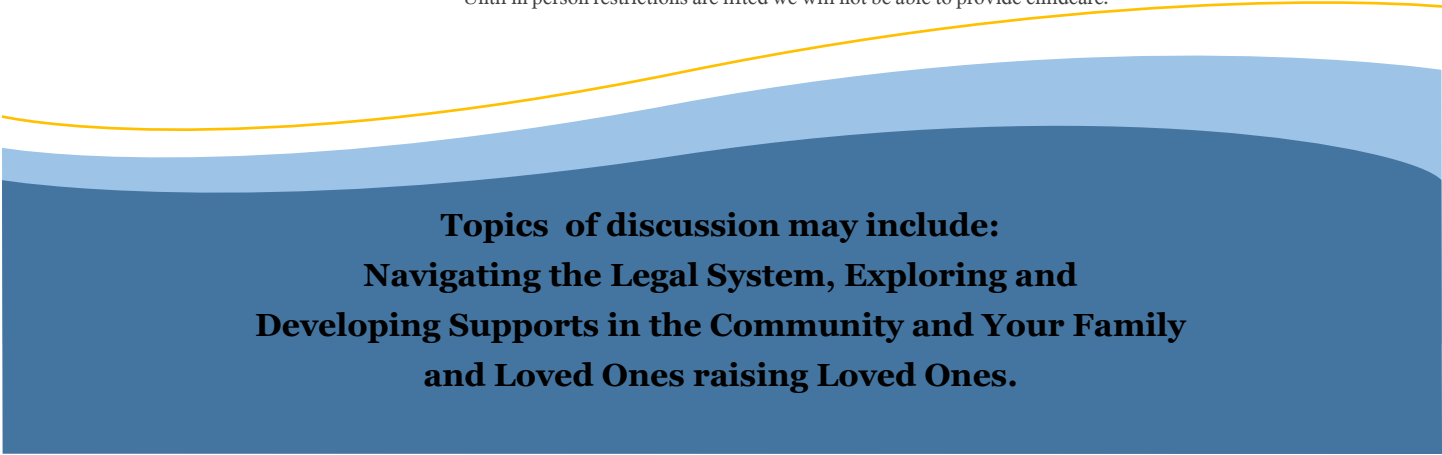
**1st Thurs. of the month at 10 -11:30 am (Webex)**

**3rd Thurs. of the month at 6 - 7:30 pm (Webex / In person)**

- ◆ **Talk about feelings and behaviors!**

**Please reach out to your support worker for the virtual invitation to this meeting or email [DHSKinshipsupport@elpasoco.com](mailto:DHSKinshipsupport@elpasoco.com)**

\*Until in person restrictions are lifted we will not be able to provide childcare.



**Topics of discussion may include:  
Navigating the Legal System, Exploring and  
Developing Supports in the Community and Your Family  
and Loved Ones raising Loved Ones.**