



**Often the best support comes
from other parents....**



Ramsey County Adoptive Foster Kinship Parents & Youth Support Group

**Support groups provide a confidential, non-judgemental
environment where families can:**

- **Learn from each other**
- **Celebrate their successes**
- **Brainstorm solutions to problems and concerns**
- **Receive information on resources and training opportunities**

**Group meets the 4th Monday of the month
6:30 - 8:00 p.m.**

Currently meeting via zoom: <https://zoom.us/j/97026122592>

**Parent Group led by Martha Johnson
Youth Group led by Jerome Brown**

**For more information, contact:
Ginny Blade at ginnyblade@nacac.org**