

**THIS IS
FOR YOU!**

Are you a parent, a family member, a friend, or caregiver of a person living with disabilities?

**SHARING
INFORMATION
TOGETHER
S.I.T.**

A new service to provide information and resources for our people living with disabilities.

High School and above

Welcome to our November Zoom Meet-Up

TOPIC:

**SUPPORTING MENTAL HEALTH
DURING THE HOLIDAYS**

Wednesday

**November 10, 2021
12:30 pm to 2:00 pm**



Karen Schwartz
Vocational Evaluator & LMHC

Karen has been providing mental and rehabilitation counseling services since 2011. She offers guidance and helps clients to improve and overcome what they are going through.

**Hosted by
Hope Services
Resource Specialist
Emily Taylor-Snell**

Zoom meetings are scheduled the second Wednesday of each month.

Visit us online to reserve your spot and complete a brief survey to help determine future topics of interest to you!

In-person Sharing Information Together S.I.T. meet-ups will soon be available.



**hopegetsjobs.com/resources
813.907.3731**