



Support Group

Each month, SWSRA offers a free support group for parents or caregivers of individuals with special needs. Topics and speakers vary each meeting.

***We meet the 3rd Monday of each Month
September through May
7:00 pm - 8:30 pm
Apollo Recreation Center
12521 S. Kostner Avenue in Alsip***

RSVP for EACH DATE by calling the office at 708-389-9423, by 5:00 pm the Friday prior to the meeting.

Free Childcare During Meetings!

FREE childcare is available during the meetings; you must call the SWSRA office by the week prior to the meeting to register your child for this free service. NO child will be admitted if they are not registered in advance.

Please note: We are unable to feed or diaper children during this time. This service is for attendees of SWSRA Support Group meetings only!

An itinerary of meeting dates, topics and speakers can be found on the back of this flyer. Hope to see you there!

Mark your calendar now for the following meeting dates:

9/20 - Ingalls Behavioral Health Services

Provides each person with individual recommendations to best meet their behavioral health needs and determine what type of service would be most beneficial.

10/18 - Open Forum

11/15 - BrightStar KidCare and LifeCare

BrightStar's KidCare services range from babysitter and nanny services to highly skilled pediatric nursing. BrightStar's LifeCare services range from companion care and hygiene assistance to 24/7 homecare, including elder care, skilled nursing services, and more.

12/20 - Holiday Party

1/17 - Children's Therapy Services—Life Enhancing & Healing

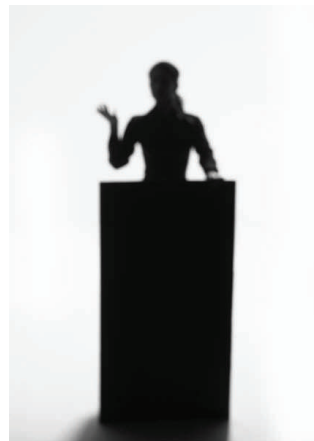
Will focus on Neurofeedback utilizing Interactive Metronome, Integrated Listening Systems and EEG Neurofeedback as it is used for the treatment of OCD, anxiety and depression, mood regulatory issues such as meltdowns, attention deficit disorder and Autism Spectrum including Aspergers. It is also used with children with sensory processing disorder as many of the above issues are also found in children with sensory related problems.

2/21 - Open Forum

3/21 - SPEAKER TBA

4/18 - Open Forum

5/16 - Year End Social



If you would like to be added to SWSRA's Support Group mailing list, please contact the office at 708-389-9423 and provide us with your e-mail address and/or mailing address.