



# Pathways To Work & Housing Resources, Inc.



## 6-Week Parent Support Program

For parents of children with autism who need support and an outlet

### Section 1 – Why Join?

Parenting can be overwhelming. This program is strictly for parents—no children involved—so you can:

- Focus on your well-being
- Connect with other parents
- Learn practical ways to reduce stress

### Section 2 – What You'll Gain:

- Stress relief techniques & self-care strategies
- Guided discussions with parents who understand your challenges
- Tools to handle daily stress and maintain emotional balance
- Interactive exercises to feel confident and supported

---

### Section 3 – Program Details:

- 6 bi-weekly (1 session every other week)
- Next Session Starts: TBD
- Runs every 3 months
- Format: Virtual or in-person
- Session Length: 1hr

### Section 4 – Sign Up Today! Limited 6 Parents



[ptwhresources@ptwhr.org](mailto:ptwhresources@ptwhr.org)



Call or Txt: 845-591-7853

*Be a part of this pilot, get support, and help shape the future programs for parents like you.*

