



# Parents of Adults with Developmental Disabilities Support Group

Due to COVID-19 social distancing guidelines, our support group is meeting online using Zoom until further notice.

## About the group:

Let's gather together to share information and support one another in building a Safe, Engaging and Fulfilling future for our loved ones.

Meetings take place the  
4th Thursday of the Month via Zoom  
(Unless otherwise noted)  
Time: 6:30pm-7:30pm

## Upcoming meeting dates:

- January 26th 2023
- February 23rd 2023
- March 30th 2023
- April 27th 2023

## Contact:

To receive the ZOOM meeting link, ID and password, please contact **Sonia Plageman** by email at [splageman@spinsc.org](mailto:splageman@spinsc.org) or by phone at (831) 423-7713 and leave a message