

# *For Parents of Adults Receiving Independent & Supportive Living Services*

**NEW SUPPORT & INFORMATION GROUP!**  
Come to the First Meeting July 22<sup>nd</sup>, 6:30 – 8:30 pm at WRC

Come and share information with others  
Listen to guest speakers on relevant topics  
Participate in a supportive group sharing personal stories

*Some Topics of Discussion*  
Living Options  
Independence/Dependence issues  
When to be involved/When to let go  
What works/What doesn't work  
Psychological and emotional challenges  
Stress reduction  
Reasonable expectations  
Medical Care  
Estate Planning

*Facilitated by Danise Lehrer, L.Ac, MSW  
Associate Clinical Social Worker  
Director of Health and Medical Services at WRC  
Parent of a 19 year-old with autism*

This Group will meet every 4th Thursday of the month starting July 22<sup>nd</sup>, at 6:30 pm at WRC.  
Please call Danise Lehrer to RSVP and for questions at 310-258-4171.

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# *Transition to Adulthood Support Group For Parents of Teens and Young Adults*

**NEW SUPPORT & INFORMATION GROUP!**  
Come to the First Meeting July 8<sup>th</sup>, 6:30-8:30 pm at WRC

Transition describes the time of passage from school and adolescence to adult life and what that will bring for each individual. It is also a time of transition for parents as they move into this next phase of life with their children.

This will be an information and support group to facilitate a smooth transition and to share with others some of the challenges and positive planning for this time. There will be guest speakers on relevant topics,  
sharing of resource information and time for personal stories.

*The group will be facilitated by Danise Lehrer, L.Ac, MSW  
Associate Clinical Social Worker  
Director of Health and Medical Services at WRC  
Parent of a 19 year-old with autism*

This Group will meet every 2<sup>nd</sup> Thursday of the month starting July 8th, at 6:30-8:30 pm at WRC.

Please call Danise Lehrer to RSVP and for questions at  
310-258-4171.

Please Note  
Respite vouchers will be provided if needed.  
There will be no childcare provided.