



# LEVEL UP! African American Black Families Support Group

**EVERYONE IS WELCOME TO ZOOM  
IN TO RELAX, RELATE, REVIVE, RELEASE AND RESOURCE UP!**

**6:30PM via Zoom**

***Every 3rd Thursday of the Month***

JAN. 21, FEB. 18, MAR. 18, APR. 15,  
MAY 20, JUN. 17, JUL. 15, AUG. 19,  
SEPT. 16, OCT. 21, NOV. 18, DEC. 16

To participate in this virtual meeting, you must register in advance. After registering, you will receive a confirmation email with log-in instructions. Please log-in 15 minutes before the start of the meeting for any support or assistance.

**Register here: [bit.ly/2XzEUO6](https://bit.ly/2XzEUO6)**

**Facilitator: Beverly Hutchinson**

*The African American/ Black Families Support Group's mission is to provide and ensure that people with developmental disabilities and their families have equitable access to information, resources, services and advocacy skills that facilitates empowerment to Level Up their quality of care in collaboration with Westside Regional Center and the Westside Family Resource and Empowerment Center.*