Due to coronavirus concerns REST meetings will be held in a zoom conferencing room until further notice. A computer with video is recommended but, if for some reason, you do not have access to that technology, a cell phone will work also.

Click on the underlined linked below to go straight to zoom. If you have any problems please email Laurie at lcmac11@comcast.net

Mondays, 7:00-8:30 Join Zoom Meeting https://zoom.us/j/171429653 Meeting ID: 171 429 653

sources Education and Support Together

MPOWERING families through access to training, strategies and coping skills

> <u>Tuesdays, 6:30-8:00</u> Join Zoom Meeting <u>https://zoom.us/j/171429653</u> Meeting ID: 171 429 653

Wednesdays, 6:00-7:30

Join Zoom Meeting https://zoom.us/j/844778900? Meeting ID: 844 778 900 Password: 030705