



# SHIFT

## SUPPORTIVE HELP IN FAMILY TRANSITION

**Do you know what comes next in your child's journey?** Do you know what questions to ask? Do you have a group of supportive parents who are sharing these same experiences to talk with? Feel empowered to know what you need to know to make the best decisions about your child-not based on a agencies opinion, but on your desires and your concerns. Join **Family Support Network's** support groups and get connected.

**SHIFT** – Every third Thursday of the month at 10am until noon. SHIFT normally takes place at the State and Council on Disabilities offices in Santa Ana, but due to our current state with COVID, we offer SHIFT via zoom. SHIFT is focused on helping transitional families in finding services for their adult child. Guest speakers and networking are the focus of this group.

