



# Families In Support Together (FIST)

## WHY you should join:

- An opportunity to connect, share and learn from other families who've had relatable experiences
- Safe space to express feelings and give voice to thoughts and experiences that not everyone understands
- Network with other families and caregivers, learn useful information and tips
- Network and connect with others, connect your loved ones with others who live nearby and have similar interests
- Come learn, laugh, and share

## WHO:

Sean Bostic, Family Engagement Coordinator  
Amber Cowart, Advocacy Coordinator  
Robert Shuemak, Advocacy Advisor

## WHEN: (approx 1 hour)

- First Wednesday of the month at 11 a.m.
- Third Wednesday of the month at 6 p.m.



## First Wednesday:

<https://hamiltondds-org.zoom.us/j/8549907955>  
Phone: 646 558 8656 | Meeting ID: 854 990 7955

## Third Wednesday:

<https://hamiltondds-org.zoom.us/j/8549907955>  
Phone: 646 558 8656 | Meeting ID: 854 990 7955

A safe space for parents and caregivers to share experiences, learn from one another, share community resources and provide familial perspectives.