You are invited to attend Lexington’s new:

**Family Support Group**

*For parents, caregivers and adult siblings of people diagnosed with autism or intellectual/developmental disabilities*

**Wednesday, January 23, 5:30 to 6:30 p.m.**

Paul Nigra Center for the Creative Arts | 2736 State Highway 30, Gloversville NY

This is a new **monthly** support group for parents and family members of people with autism and intellectual or developmental disabilities. Meetings will occur on the **fourth Wednesday of the month**. The group is led by Jennifer Feagles, LMSW, director of the Transitions program, and coordinated by Nancy DeSando, Autism Resource Coordinator. We will build upon stress reduction strategies used in the Vanderbilt Positive Adult Stress Reduction Program.

Join us for a low-stress, comfortable and supportive group for families.

Please call Family Services at (518) 773-2014 to RSVP and to make arrangements for childcare/respite if needed. A light meal will be provided.