



# Parent Support Group

A Trauma Informed Parent Educator and Life Skills Coach will offer insight on topics such as Are you struggling with how to balance parenting with self-care? a co-parent attempting to regain custody of your children? How has COVID impacted your parenting? and many more. Topics chosen based on the needs and requests of the individuals in attendance.

PROJECT ABLE, 1599 STATE ST. SALEM, OR.  
LOCATED IN THE TRAINING ROOM 1607 STATE ST.  
WEDNSDAYS 3:00PM TO 4:00PM

Project ABLE provides Peer Support services and wellness activities for individuals 18+ who are struggling with mental health, addiction and/or co-occurring issues.



**Family Support**

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**Empowerment**

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**Friendship and Mutual Support**

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**Online Groups**

## PROJECT ABLE

Come see us today and join us online at

1599 State St. NE  
Salem, OR. 97301

Office: 503-363-3260

[www.ProjectABLE.org](http://www.ProjectABLE.org)