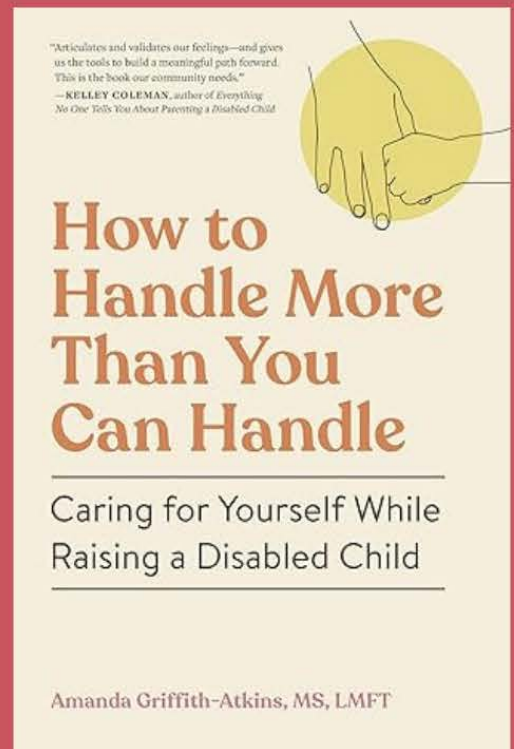




Participate in CITY of Support's 2025

## "YOU GOTTA READ THIS!" CHALLENGE

This year's author is a parent and a Licensed Marriage and Family Therapist who "takes readers through the different emotions of this unique parenting journey: the shock of diagnosis, the fight for resources, the anxiety of navigating your child's growing independence, the uncertainty of how best to prepare for their future without you. (Amanda) shows us that bringing your darkest feelings into the light and showing up as your full self is the best way to get out of survival mode. Because you—and your child—deserve it."



**And join us for the LIVE book discussion with Amanda!**

**Wednesday, Oct. 15th from 7:00-8:00pm**

**with two ways to participate:**



**In Person at the GENEROC.I.T.Y. Toy Shop in Arlington Heights or Online with the Zoom link**

*Submitted for 1 FREE hour of Early Intervention Continuing Education Credit*

**Register for this FREE event here:**

**<https://app.betterunite.com/cityofsupport-2025yougottareadthischallenge>**

