

Participate in CITY of Support's 2025

"YOU GOTTA READ THIS!" CHALLENGE

This year's author is a parent <u>and</u> 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."

"Articulates and validates our feelings—and go us the tools to build a meaningful path feware This is the book our community needs." —RELLEY COLEMAN, author of Everything

How to Handle More Than You Can Handle

Caring for Yourself While Raising a Disabled Child

Amanda Griffith-Atkins, MS, LMFT

And join us for the LIVE book discussion with Amanda!

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



<u>In Person</u> at the GENEROC.I.T.Y. Toy Shop in Arlington Heights or <u>Online</u> 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

