

# LISTENING CIRCLES

FREE for parents, caregivers & educators

**OCTOBER 5 - DECEMBER 18 | MONDAY-FRIDAY**

Visit [tiny.cc/RFRCalendar](https://tiny.cc/RFRCalendar) for links to each Zoom session

Listening Circles are ONLINE gatherings where parents, caregivers, and educators can connect with each other and talk about what is stressful right now. Trained *Resources for Resilience* facilitators offer tools to help participants de-stress and highlight what is getting them through this time of individual and community difficulty.

**Drop in anytime.      Participate as often as you like.      No pre-requisites**

**Open to ALL:  
Monday - Friday**

10:00-11:00 am

12:00-1:00 pm

12:30-1:30 pm

1:30-2:30 pm

6:00-7:00 pm

7:00-8:00 pm



**Black-Led Listening Circles** for Black and African-American participants:

- Mondays 6:00-7:00 pm
- Wednesdays 7:00-8:00 pm

**Spanish-Language Listening Circles** for Spanish-speaking participants:

- November 6<sup>th</sup> 1:30-2:30 pm
- November 19<sup>th</sup> 12:30-1:30 pm
- December 2<sup>nd</sup> 12:30-1:30 pm
- December 7<sup>th</sup> 6:00-7:00 pm