

Roots & Branches

Hosted by The Willow Collective

**Feeling isolated as a caregiver?
Struggling with parenting challenges or doubts?**

Roots and Branches is a safe, nonjudgmental place to gather with other caregivers and normalize the challenges of parenting.

Caregivers from all walks and stages of family life are welcome to take a break from the busyness of their family's routine for honest, supportive conversations.

Parenting can be lonely; the Roots and Branches group is here to provide community and hope for change.

This group is led by peer support specialists, who have specialized training in supporting others. Unlike the clinical perspective of a therapist, peers offer support through the lens of lived expertise.

**THURSDAYS, 10-11AM
CHILDCARE FOR KIDS 0-5YO
SNACKS PROVIDED**

375 Horsetooth Rd. Suite 6-201
Fort Collins, CO 80525

THIS IS FREE,
DROP-IN
GROUP - COME
STOP BY
WHENEVER
YOU'D LIKE!

