

P.A.L.

is supported by Parents Care
and Share

Play And Learn

P.A.L. is a free parent-led support group for parents with one or more children with special needs. Child care is provided.

Where : Marcfirst 1606 Hunt Drive, Normal

Evening Group: 2nd Thursday of the month from 5-6:30pm

Morning Group: 4th Thursday of the month from 9:30-11am

Parents will:

- Share a light meal and connect with other parents
- Learn about a variety of parent- related topics
- Enjoy a break while their children play

Children will have the opportunity to:

- Sing songs
- Listen to stories
- Create artwork
- Enjoy snack time
- Work on transitions
- Learn about sharing
- Interact with their peers

For more information, contact Christy Kosharek

Phone: (309) 452-0069 ext. 203

Email: christykosharek@marcfirst.org