



## Share, Listen, & Learn

**HOPE** Circle is a safe space for parents and caregivers to encourage, share and support one another as we navigate our journey with the young people in our lives living with mental health challenges. There are no requirements for attendance, name sharing or even speaking. Sometimes listening is all we need.

### In this space we will agree to:

- Honor one another's space
- Open our minds to new ideas
- Promise to keep all of our discussions private and in this space
- Energize one another

### Join Us In Person or Virtually

**1st Wednesday day of the Month from 11a-12 & the 3rd Wednesday of the Month from 4p-5p**

Questions? Please reach out to Jill at  
414.416.3013

Find us here on Facebook  
@HOPE Circle MKE

