

# Real Talk, Real Tools

**Families  
Together**  
in New York State

A training series for parents, caregivers, and family peer advocates; rooted in **lived experience**, grounded in evidence, and guided by common sense.

**10  
JUNE**

10AM EST

## **Kitchen & Couch Conversation: Building Circles of Support**

Learn how to strengthen your family's support system by identifying natural allies, building trust, and creating relatable and reliable networks that show up. <https://bit.ly/4fUQ1G8>

**17  
JUNE**

10AM EST

## **Finding & Feeding Your Youth's Passions**

Cultivate your youth's passions with a positive lens, support them with low-cost tools, and make screen time a skill-builder, not a battleground. Foster connection, motivation, and youth development. <https://bit.ly/4fUQ1G8>

**24  
JUNE**

10AM EST

## **Civic Engagement & Mental Health: The Healing Power of Getting Involved**

Getting involved is good for the community and good for you. This session explores how civic action can reduce isolation, build resilience, and transform frustration into fuel for change and healing. <https://bit.ly/4fUQ1G8>

**Facilitated by Kim Kaiser, Simcha Weinstein, & Micaela Robinson  
Community Engagement & Inclusion**