

# 2019 ONLINE VIRTUAL SUPPORT GROUP

## Tourette Syndrome PARENT Support Group



UF Health Tourette Center of Excellence in Gainesville, Florida is happy to host a monthly virtual support group for parents of those living with children with Tourette Syndrome.

This parent group is for those who are primary caregivers of those children living with Tourette Syndrome. The goal of this group is to provide encouragement and support, problem solve, and cope with typical challenges that parenting encompasses, while also addressing the unique needs of Tourette and the co-occurring conditions in more efficient and effective ways.

This virtual platform is designed for mutual acceptance, understanding, compassion and self-discovery for those living similar daily experiences from across the Southeast. You don't have to have all of the answers, as none of us do. However, we believe that together, we have the support and resources needed to face each challenge.

Each support group will meet once a month, on the 1<sup>st</sup> Tuesday of the month, for 6 months. The support groups will be moderated by Heather Simpson, OTD, OTR/L.

The only equipment you will need to participate is an internet connection and a working microphone on your computer or smartphone. Web cam is optional, but ideal for increased engagement.

### SCHEDULE

DATE	TOPIC
October 1, 2019	Introduction & Welcome
November 5, 2019	Supporting Your Learner: Educational Needs
December 3, 2019	"Tic Management" Lifestyle
January 7, 2020	Managing Conflict & Discipline
February 4, 2020	Promoting Strengths & Independence In Your Child
March 3, 2020	It's Time for You: Taking Care of Yourself

**Date:** 1st Tuesday of the Month

**Time:** 6:00pm—7:00pm EDT

### Registration Link

Available on

[www.tourettecarecenters.org](http://www.tourettecarecenters.org)

OR

**Eventzilla Link:** Tourette Syndrome Parent Virtual Support Group

<https://events.eventzilla.net/e/tourette-syndrome-parent-support-group-2138765341>



### Contact Information

Heather Simpson: [simph@shand.ufl.edu](mailto:simph@shand.ufl.edu)

**PLEASE NOTE:** Registration for this support group is required. New registrants must confirm meeting attendance and sign a confidentiality agreement prior to the first meeting on October 1<sup>st</sup>.