

Hand to Hold NICU Support Group

*The NICU experience is tough!
But believe it or not you can come through
this difficult time stronger, smarter,
and as an even better parent!*

Join us for

**The NICU Survival Guide:
What Every Parent Needs to Know**

You are not alone!

For more information email Erika Goyer,
Hand to Hold's Family Support Navigator at
Erika@handtohold.org

You can also call us at **512.550.3181**
or visit our website anytime at
www.handtohold.org



HAND to HOLD
Fragile Babies. Strong Support.

Visit
www.handtohold.org

*"Being able to share my story with others
who had been there and understood
was the greatest therapy that
I could have received."*



Tuesday, Sept. 20th
6:30 – 8:00 pm

In the
NICU Conference Room