

*Please join us as we encourage,  
support, and pray for one  
another in our walk;  
raising up our children who  
are unique in the joy they  
bring into our lives.*

Legend's Cafe  
9 South 9th Street,  
Lebanon, PA 17042

*(free parking in new market lot)*

***Childcare is provided***

If you are interested in learning more about our  
support group or are in need of support please  
contact Sheri Miller at 717-274-3673  
or smemiller@gmail.com  
We would love to hear from you!

1st Tuesday of every month from  
September through May  
9:30am - 11:30am

A support ministry of Calvary Chapel Lebanon and \\  
Joni and Friends Ministry  
Eastern PA, eastpa@joniandfriends.org

# *At The Well*



*Support Network  
For Moms of  
Children with  
Special Needs*

## Who we are

At The Well is a network of families who journey through parenting together; supporting, encouraging and praying for one another. We all have children affected by disabilities and take seriously our role in the growth and development of our special children. Many of us have also walked the paths of grief and have seen the face of hope through comforting and stable relationships.

## What we do

Emotional, spiritual and physical health is essential to overcoming the daily challenges parents face with their children. Months and years of exhaustive care can destroy families and leave members isolated and unable to move forward. We want to counter those demands with a safe and caring environment where mothers, especially are honored and cared for.

## Why just the moms?

Moms are often the main care-givers to their children. As mothers we won't hesitate to push our own needs aside for the care of others in the family. Mothers are also the ones who usually establish the emotional climate in the home. A healthier mom equals a healthier home.

## Dads

We offer individual support from other fathers and casual meetings as needed.



## How we do it

**Monthly meetings** - At The Well meets once a month from September through May. Discussions are topical and designed to facilitate honest conversation about parenting, faith, family, disabilities, relationships, education and other important topics. Childcare is provided at no cost to the parent.

**Family Picnic** - Every summer we hold a unique picnic for the families affected by special needs. There are lots of activities for the children, teens and adults all designed for accessibility and of all abilities. Each child with a special need and each sibling needing the support will receive an individual buddy for the entire evening. We love our volunteers!

**Day of Pampering** - Originally developed by Joni and Friends Ministry, we took this idea and now host an event where mothers can refresh themselves with quiet reflection and prayer in the morning and receive pampering for the afternoon. Haircuts, manicures, massages and chocolate are some of the favorites.

**Mom's Nights Out** - About three or four times a year a mom will open her home up to an evening for just the moms. This is an informal get together that usually includes great food!

*Please don't hesitate to call!*