



CENTERSTONE

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# Parent Peers Empowering Parents (PPEP) Meeting

**Tuesday, April 28  
6 – 8 p.m.**

Please join us by either:

1. Visiting [centerstone.zoom.us/j/546810725](https://centerstone.zoom.us/j/546810725)
2. Calling 888-475-4499 or 877-853-5257 and using the following Meeting ID: 546 810 725

## Join us!

This PPEP topic of discussion will be self-care!

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## Why join?

PPEP meetings provide support, education and inspiration for all parents of Southern Illinois. There is no fee to join and no commitment required. Attend meetings when you can! Registration required. For more information or to register, contact Brandy Moore at (618) 457-6703, ext. 7772, or [brandy.moore@centerstone.org](mailto:brandy.moore@centerstone.org).

**Ask about additional meeting dates!**

## About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Georgia, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Centerstone's Research Institute improves behavioral healthcare through research and technology. Centerstone's Foundation secures philanthropic resources to support our work. For more information, visit [centerstone.org](https://centerstone.org).