KUBO
FAMILY & LEARNING

Guided Support Circle for Moms:

YOU DON'T HAVE TO DO THIS ALONE

A neuro-affirming space for moms of neurodivergent children to breathe, connect, and grow

Para Kay Nanay

Sa atin sariling wika.
A culturally grounded space for Filipino moms to connect through Tagalog, Cebuano, or Bisaya

Mom Brains Welcome

Community in English.
A warm, small-group setting for moms who prefer an English or mixed-cultural context.

- Realistic self-care
- Understanding your nervous system & co-regulation
- Boundary setting and reducing isolation
- Small groups for true connection

Dates: March - April 2026

3 In-Person (KUBO Centre) or Virtual Sessions

Facilitated by: Dionne Chan, MC, RCC (Registered Clinical Counselor)

AFU or extended health coverage

Ready to Join? www.kubocentre.com

No formal diagnosis required for child. All neuro-diverse families are welcome