



**JumpSTARS** is to promote well-being and create a family support network for parents, caregivers, relatives, and siblings of individuals of all ages who are impacted by intellectual and developmental disabilities.

## January 2020 EVENTS

### Parent Panel

at Star Inc •111 Elm Street, New Canaan, CT  
Thursday, January 9 | 9:30 a.m. & 7:00 p.m.  
FREE EVENT <https://form.jotform.com/93005508473152>

### Coffee Meet up

at Humbled •575 Hope Street, Stamford, CT  
Wednesday, January 15 | 9:30 a.m.  
FREE Event

### Morning of Pampering for Mothers (2 Different Locations)

at Andrew Stefanou Salon and Spa : 25 Old Kings Hwy N, Darien, CT  
Or

Stylin' Salon: 345 Main Ave #8, Norwalk, CT  
Thursday, January 23 | 9:30 a.m. FREE EVENT

**Please RSVP to 203.487.0955 or [kbagnati@stamfordjcc.org](mailto:kbagnati@stamfordjcc.org)  
if you would like to attend.**

IN PARTNERSHIP WITH:

