



myDSC Webinar SERIES

Mental Health at the Holidays
for People with Down Syndrome
and their Families



Presented by:
Abby Rowley
Licensed Clinical Social Worker
Adult Down Syndrome Center

November 30, 2022
1 PM ET / 12 PM CT / 10 AM PT

The winter holidays can be both a joyful and challenging time. In the next myDSC webinar, Abby Rowley of the Adult Down Syndrome Center will discuss ways to support the mental health of people with Down syndrome and their families during the holiday season. Become a myDSC member or sign into your account, then register [here](#).