

How do I COPE with...

Hello COPE, When my daughter was an infant, I met a group of women and we'd share everything about our babies and hang out. As our children have gotten older (4 and 5 years old), I've noticed my daughter and I are not invited to play dates as much as the others. My daughter is mentally disabled, so I'm sure it's because they don't think she can be a good enough friend to their kids. I feel hurt and left out and really sad, like we're not worth as much as they are.

Left out

It always hurts to be left out, and people can certainly be insensitive, to put it nicely. Many social groups do not last forever, as all people grow and move in different directions. This may be a great time for you to find some new social outlets for you and your daughter:

There is a brand-new group called "Together We Can," started by a mother with a special needs child who wanted to give people of all ages with mental challenges an opportunity to get together with others to hang out and have friends and social connections. Their once-a-month gatherings also provide opportunities to learn life skills and work on useful proj-



ects. The group, for ages 5 to 105, is sponsored by 4-H and has high school 4-H youth involved as volunteers.

They will meet again on Saturday from 10 a.m. to noon at the Pavilion at the Ozaukee County Fairgrounds. There is no need to RSVP, just show up ... If you have any questions, please call Tammy at 376-9812 or email at stutammy@wi.rr.com.

Questions from community members can be sent to hotline@copervices.org. Attn: How do I COPE with ... Letters are confidential and anonymous.

COPE Services is the Ozaukee County Hotline providing 24/7 emotional support, crisis intervention and information and referral resources to Ozaukee County and beyond.

Hotline: 377-2673

Website: www.copeservices.org