

It's a Balancing Act

RECLAIMING YOURSELF THROUGH SELF-CARE AND WELLNESS



April 27, 2023
6:00 pm - 7:00 pm

Reclaiming yourself requires finding your unique path to wellness and committing to making yourself a priority. This is difficult for all parents/caregivers, especially parents of children with disabilities. Life can be unpredictable, and coping with stress and burnout can become overwhelming. It's a challenging balancing act to remain centered and at peace, not in pieces.

This interactive workshop is designed to help parents of children with disabilities view self-care through a new lens. This workshop offers tangible strategies that can help you overcome the challenges that hinder you from balancing life and reclaiming yourself through self-care and wellness. By participating in this workshop, you'll learn how to prioritize self-care and make it an integral part of your daily routine. With the right tools and techniques, you can achieve a sense of balance, peace, and well-being that can positively impact not only yourself but also your family.



REGISTER HERE:

<https://bit.ly/3zA3ksS>

This virtual webinar will be presented on Zoom. It will not be recorded.