

# It's a Balancing Act

## RECLAIMING YOURSELF THROUGH SELF-CARE AND WELLNESS



October 25, 2024 | 5:30 p.m. - 6:30 p.m.

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 to help you overcome the challenges that hinder you from balancing life and reclaiming yourself through self-care and wellness. 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 yourself and your family.



**REGISTER HERE:**

[tinyurl.com/3pnws3yz](https://tinyurl.com/3pnws3yz)