

Parent Self Care: A Deeper Dive

A virtual workshop for parents to learn strategies to help with their own self care.

WHEN

11/18/2021
6 - 7:30 pm

WHERE

Zoom

EDUCATORS:

Deanne Ririe



Participants will learn to identify their own stressors, learn more about evidenced-informed stress reduction practices and develop their own Self-Care plan to reduce stress and improve quality of life.

For more information contact:

Gwendolyn Garcia, Parent Connection Coordinator | 805-543-3700 | gwen@cfsslo.org

Register here:

https://us02web.zoom.us/meeting/register/tZclduurD4oG9fY_hLSTQvAQJ3HFy5apWkR



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Helping families thrive.

