

Self-Care Support Group for Adoptive and Guardianship Caregivers

**Self-Care is a
necessary part of
intensive parenting!**

**Research shows that regular self-care
can:**

- **greatly reduce stress and increase
personal effectiveness**
- **fuel your efforts and cultivate
internal resources so you can be
there for your family**

**Join us for a series
of workshops on:**

- Mindfulness
- Setting self-care goals
- Brainstorming ways to make
self-care a priority
- Maintaining resilience
- Sharing and offering mutual
support

Times and Topics: January 19th: Lemonade Stand

February 23rd: Just Because You Think It Doesn't Mean It's True

March 15th: Self-Appreciation

April 19th: Hitting the Snooze Button

May 17th: Touch Points for Stressed-Out Parents

June 21st: Celebrating

From Noon – 1:00 pm. **LOCATION:** via Zoom

LED BY: Kathy Yanulavich, MSW

For more information or to reserve your spot, email Kathy at: kyanulav@gmail.com