

# 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:** **July 23rd:** What Thoughts Get You Going? Noticing Critical Thoughts

**August 20th:** The P.A.R.E.N.T.S. Model of Intervention for Therapeutic Parents

**September 17th:** Preparing for Birthparent Contact/Reunion

**October 15th:** Grief: Exploring Loss & Grief in Adoption

**November 19th:** Managing Our Own Feelings: Compassion Fatigue and Self-Care

**December 17th:** Riding the Waves of Parenting/The Power of Equanimity

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

**LED BY:** Kathy Yanulavich, MSW

For more information or to reserve your spot, email Kathy at: [kathleeny@lundvt.org](mailto:kathleeny@lundvt.org)