

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 21st: Refill Your Cupboard

February 18th: Lean into Good on First Waking

March 18th: Lower Your Stress

April 15th: Take Heart

May 20th: Loving-Kindness for Ourselves

June 17th: Working with Your Anxiety

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

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