

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 15th: What's in Your Backpack? Mindful Self-Care
& Emotional Rigor During the COVID-19 Crisis

February 19th: Demand vs Resources: What Does That Look Like for You?

March 19th: The C. A. R. E. of Self-Care

April 16th: What are Your Worries?

May 21st: Rewiring with Loving-Kindness

June 18th: Finding a Steady Center

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

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