

CSHCS LHD Email Communication

Date	3/26/2024		
Email Type	Info		
Subject	<ul style="list-style-type: none"> Parent Connect Call: Self-Care Fun! 		
Contact	Name/Department	Phone	Email Address
	Ayanna Eggleston	517-335-8551	egglestona@michigan.gov

Dear LHD Colleagues,

The Family Center for Children and Youth with Special Health Care Needs (Family Center) in partnership with Michigan Family to Family is pleased to announce a **Parent Connect Call on Wednesday, April 17, 2024, from 12:00 pm - 1:00 pm**. Our topic for this call is *Self-Care Fun!*

Parent facilitators Ayanna Eggleston and Kristen Reese will host an interactive self-care webinar. Often when we hear the term “self-care”, we imagine pictures of candles, baths, beaches, deep breathing, etc. Sometimes we forget that self-care can be fun too.

This interactive webinar is a great opportunity to connect and have fun with other parents and create a self-care action plan.

Thank you for sharing this flyer and link to make our presentation successful. If you have questions regarding this event, please call 517-241-7630.

To register visit: <https://www.eventbrite.com/e/parent-connect-call-self-care-lets-have-some-fun-tickets-847486784787>