

# PARENT CONNECT CALL

## Self-Care Let's Have Some Fun!

Date: April 17, 2024

Time: 12:00 noon to 1:00 pm

Join the Family Center and MI Family to Family for our upcoming Parent Connect Call on 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.

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

Or use the  
QR code



Contact us with questions at 517-241-7630



Children's Special  
Health Care Services

Connecting Families. Sharing Resources. Instilling Hope.