

CSHCS LHD Email Communication

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Subject	<ul style="list-style-type: none"> ▪ Parent Connect Call-Self-Care & the Holidays

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Dear LHD Colleagues,

The Family Center offers a series of free Virtual Parent Connect Calls monthly. Our November call is scheduled for Wednesday, November 3, 2021, from 4:00 pm to 5:00 pm EST on Microsoft Teams.

Most of us will agree that the holidays can be challenging and even a little overwhelming for some of us. For this Parent Connect Call, we will discuss those challenges and hopefully provide some coping suggestions to dealing with holiday challenges. We will also discuss some self-care strategies to take care of your well-being during the holidays.

Attached is the flyer and the link to register on Eventbrite is:

<https://www.eventbrite.com/e/parent-connect-call-self-care-the-holidays-tickets-170204306663>