

Family Center for Children and Youth with Special Health Care Needs

Parent Connect Call

Conversations with parents of children with special needs!

Self-Care & the Holidays

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.

**We are not mental health professionals. We are parents of children with special health care needs. Our role is to help facilitate a discussion on the topic of managing stress and self-care during tough times. Our purpose is to share experiences and provide additional tools and resources.*

**Date – Wednesday November 3, 2021, from 4:00-5:00pm EST.
Microsoft Teams**

Register on Eventbrite:

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

Contact us with questions at 800-359-3722



Connecting families. Sharing resources. Instilling hope.