

# 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: July 18th:** Working with Difficult Emotions

**August 22nd:** Self-Judgement and Self-Compassion

**September 19th:** RAIN: Recognize, Allow, Investigate, Nurture

**October 17th:** Emotions and Inner Resources

**November 21st:** Fostering Positive Emotions

**December 19th:** Empathy and Compassion

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

**LED BY:** Kathy Yanulavich, MSW

**For more information or to reserve your spot, email Kathy at: [kyanulav@gmail.com](mailto:kyanulav@gmail.com)**