

# 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 21st:** Brain Breaks

**August 25th:** Running on Empty

**September 15th:** “Perfect” Parents

**October 20th:** Protecting Ourselves

**November 17th:** Co-Regulation

**December 15th:** Exhaustion

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)