

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 19th: Oxygen Mask for Turbulent Times

August 23rd: Ego Glue

September 20th: Color Breathing

October 18th: You Don't Have to Control Everything

November 15th: Moving On/Letting Go

December 20th: When Things Fall Apart

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