

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 15th: How Hot Emotions Impact the Body and Brain

August 26th: When Someone We Love Has Serious Difficulties

September 16th: We Are All Doing the Best We Can

October 21st: The Baggage We Inherit

November 18th: Working With the Uncertainties of Parenting

December 16th: Appreciating Yourself as a Parent

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

LED BY: Kathy Yanulavich, MSW

For more information or to reserve your spot, email Kathy at: kathleeny@lundvt.org