

Family Center for Children and Youth with Special Health Care Needs

Parent Connect Call

Conversations with parents of children with special needs!



Please join us as Kristen Reese from Michigan's Family to Family Health Information Center as she presents on Self-Care!

Has this unprecedented time made it difficult to handle stress? Are you practicing self-care regularly? Many times, we put the care of others ahead of ourselves which leads to compassion fatigue. During this call, we will talk about managing stress and promoting self-care during tough times.

**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 4, 2020 at 10:30 am-12:00pm EST.
Microsoft Teams**

Register on Eventbrite:

<https://www.eventbrite.com/e/parent-connect-call-tickets-124731889439>

Contact us with questions at 800-359-3722



Connecting families. Sharing resources. Instilling hope.