This group will provide parents with support, tools, strategies, and resources. Our goal is to help parents “refuel” while lowering their levels of stress, frustration, and anxiety. Parents will learn to support their own mental well-being as well as that of their family members.

Session 1 - 10/21/2021 - It’s Okay to Feel & Embrace Your Emotions
Session 2 - 11/18/2021 - Know Your Values & Maximize Your Strengths
Session 3 - 12/09/2021 - Harness Your Energy & Refuel Your Tank
Session 4 - 01/13/2022 - Set Intentions, Stay Centered & Focused
Session 5 - 02/10/2022 - You Matter: Life Hacks for Taking Care of You
Session 6 - March 2022 - ***Parent Empowerment Conference
Session 7 - 04/07/2022 - You Are Enough: Setting Realistic Expectations
Session 8 - 05/12/2022 - Reflecting On the Journey & Counting Your Wins
Session 9 - 06/09/2022 - Summer Fun

TO REGISTER BY PHONE
CALL: 301-431-5675

Register

Location: Zoom Room
Time: 6:30 p.m. - 8:00 p.m.

Facilitators:
Yvette Young, LCSW-C
Beth Diaite, Ed.D., BCBA

Today
Link:
https://tinyurl.com/FSCMWELL