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Teacherkeepers and Inglewood
Unified School District Presents:

Nothing Runs on Empty

A Parent's Guide
to Real Self-Care



www.teacherkeepers.com



TUNJIA L. MORTON, Ed.S., NBCT
SELF-CARE DEVELOPMENT COACH



From 6:00PM - 6:45PM via Zoom

Feb. 24, 2022 | Module 1: Scented Candles or Real Self Care

Mar. 24, 2022 | Module 2: A Circle of Self Care

Apr. 28, 2022 | Module 3: Coming Home to S.E.L.F.

May 26, 2022 | Module 4: Self Care Unscripted



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