

Share & Care Parent Workshop

Reducing Stress through Self-Care

Share & Care invites parents/caregivers to join us as we discuss ways to reduce stress through self-care.

Bilingual English and Spanish workshop

Date: Wednesday, January 11, 2023

Time: 9:00am - 10:00am

Location: Zoom

Meeting ID: 973 6700 0616

Password: 689172

[Click Here to Join](#)

Join us as we discuss together:

- Importance of self-care
- Tips for wellbeing

This event is FREE!

Questions? Email Sara Brown at sara.brown@cshs.org



Suzanne Silverstein, MA, ATR



Ruth Xilomen Rios, LMFT, ATR-BC

