

Taking Care of Yourself: Parenting During Covid 19 & into the New Normal

This presentation will provide participants with tools and strategies to practice self-care when the time to do so often feels like a luxury that many families cannot afford. Participants will learn simple ways to infuse self-care into their often-busy schedules and will understand the importance of doing so to strengthen their family as a unit.

March 31, 2022
6:30- pm

Zoom link:

<https://williamjames.zoom.us/j/88556624348?pwd=RW5XbWdqck9RaGw2WlIUMFJxSDk1Zz09#success>

Introducing Dr. Robyn Bratica

Dr. Bratica is a licensed Educational & School Psychologist. She specializes in social emotional learning, bullying and aggression, special education eligibility and assessment practices.



Workshop is free to attend, and everyone is welcome!

Event is co-sponsored by:

Lancaster PTO, Stow PTO, Bolton PAC & SEPAC