

PARENT SUMMER WORKSHOPS

SEMINAR 1

SELF-CARE

The Essentials for Parents and Guardians

The words “parenting” and “self-care” have very rarely been considered to be compatible. Parenting is all consuming.

It is challenging, requires a ton of our time and attention and energy, that’s a given! It is also a given that other factors such as daily responsibilities, life situations, mental health challenges, careers and supporting others can result in burnout which can affect our emotional and psychological well-being, not to mention our ability to parent in a healthy fashion.

In this seminar, we will discuss the common challenges that parents and guardians face. We will explore common signs of “burnout” and then provide practical and achievable tools to provide self care.

**FREE STUFF
HALAL FOOD AND
REFRESHMENTS**

**July 18th
09:30–11:30AM**

Meet us at the boardroom at:
3201 Roosevelt St Hamtramck Mi 48212

<http://hamtramckjuly18.eventzilla.net>

Please use the link to sign up

