

McLEAN HOSPITAL SCHOOL CONSULTATION SERVICES



From Surviving to Thriving:

Self-care for parents feeling frustrated and burned out.

Date / Time: Wednesday, 12/07/2022 at 12:00PM-1:00PM

Presenter's Name: Yudelki Firpo-Perretti, Ph.D.

Learning Objectives

Learn about the different forms of self-care, what self-care is not, and learn strategies and steps to help caregivers follow-through with self-care practices.

To attend live, visit: <https://partners.zoom.us/j/83220919025>

Please note that a recording will also be available for 30 days.