

Taking a “Breather”: Navigating Challenges when you’re feeling “Done”

With Geraldine Crisci



Event Description:

Caring for children is exhausting and draining at the best of times. When the loved child is high needs, and at times, high risk, the challenges are overwhelming.

This day long workshop will provide Time for caregivers to breathe, reflect and (hopefully!) rejuvenate a bit. We will be looking at both individual needs and strategies in the unique task of self-care for caregivers parenting high needs kids.

Many times, love doesn’t feel like enough to get us through the day. Yet, it is that very same love that can help us find the way to preserve self, family and provide quality care. Please join us for this journey.

Who Should Attend?

Parents and Caregivers of children with a developmental disability or Autism.

Date/Time:

PART 1 June 17

9:00am -12:00pm

PART 2 June 24

9:00am – 12:00pm

Location:

Virtual presentation – link will be sent with registration.

To Register:

PART 1 Click [here to register](#)

PART 2 Click [here to register](#)

Contact:

Tammy Pollock Smith

tpollock@yssn.ca

