



Self-Care for Caregivers Workshop

Presented by Ms. Pereira, school Guidance Counselor

Date: Wednesday, October 21st

Time: 2:00 pm. – 3:00 pm.

- Finding a balance between work and remote learning
- Self-care for the parent/child
- Dealing with your child's fears/ stressors
- Creating healthy routines

Join Zoom Meeting

<https://nycdoe.zoom.us/j/84126473260?pwd=ZHQzTTNHWW9Qb2JWbTE3WWpOaXJydz09>

Meeting ID: 841 2647 3260

Passcode: 357415

One tap mobile

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