

# Self-Care

## for Parents and Caregivers

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As a **parent, grandparent or caregiver**, you may be juggling **multiple tasks** while worrying about your family's **health and safety**. However, it's important to remember to **prioritize your well-being** too.

As we celebrate **Family Engagement Week** this year, we want to **recognize all you** to do to support your children and schools and encourage you to **take care of yourself** during these challenging times.

## Join Us for a Free Online Self-Care Session



Choose from Two Sessions:

**Tuesday, Nov. 17, 6-7:30 pm**

or

**Monday, Dec. 14, 4-5:30 pm**

Register at <https://bit.ly/31s50sN> or by emailing [mckenzieg@berea.edu](mailto:mckenzieg@berea.edu)

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**NOVEMBER 16-20 | #FAMILYENGAGEMENTWEEK2020**