

Self-Care: Juggling Personal Life in the Context of COVID-19

This will be a facilitated dialogue session over Zoom for parents/caregivers.

Participants can expect the following from this workshop:

- to increase their self-awareness around stressors and reflect on their current self-care practices
- be provided some psycho-educational background on self-care and the body-mind relationship
- explore what a self-care plan can look like (what should be included, how to set realistic boundaries, etc.)
- begin developing a tangible self-care plan to implement and utilize following the workshop



Presenter:
Leah Hughes, M.Ed., R.C.C.
Coordinator - Secondary Focus, Inclusive Learning
Delta School District

When: Feb 4, 2021 6:30 PM – 8PM

Register in advance for this meeting:

https://ca01web.zoom.us/meeting/register/u50qcOChrjltEt2l6IVgeMSXdfFoa_YwzxZB

After registering, you will receive a confirmation email containing information on joining the workshop.

PRESENTED BY:



A FREE
EDUCATION
SESSION FOR
PARENTS AND
CAREGIVERS

SELF CARE:
JUGGLING
PERSONAL LIFE IN
THE CONTEXT OF
COVID-19

PRESENTER:
LEAH HUGHES

Email questions for Leah Hughes ahead of time to:
Kirsten Hermanson,
Manager – Prevention
and School Wellness

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