

You are cordially invited

PERSISTENT PARENTS WITH CHRIS180

Each Friday at 12pm
Feb. 2nd - Mar. 15th excluding Feb. 23

We will be discussing:
Mindfulness
Distress Tolerance
Stress Management
De-escalation Strategies

These meetings will help you learn some handy skills that you can use at home and in your community to be the best parent and version of yourself you can be!

There will be a raffle for a self-care gift basket at the end of the month. Each time you attend you are entered to win.

Join Us - Zoom Meeting Link

bit.ly/PersistentParents



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