



*PRESENTS*

# *Life Balance and Self-Care for Parents of Kids with Special Needs*

*An Interactive Online Workshop*

**Monday, February 3**

**6:00PM-7:30PM**

**[Register HERE](#)**



Do you feel overwhelmed with the things going on in life and you don't even have space for yourself? Come to our workshop and reflect on your priorities, things you can influence and plan some time for yourself. It will be an interactive workshop via Zoom, so please be prepared to turn on your camera and microphone.

**For more information:**

**(916) 455-9500**

**warmlinefrc.org**

