

Self-Care for Parents: How to Balance Your Many Roles



As we juggle the many responsibilities of being a parent, finding balance can sometimes be elusive.

Yet a little balance in our lives helps us maintain our stride and keep moving forward. Join us as we explore ways to increase our equilibrium by simply caring for ourselves as we care for others.

Presented by

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Wednesday, February 24, 2021

10:00am - 11:00am (on Zoom)

Wilmette PASS39

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