



# TAKING CARE OF YOU WORKSHOPS FOR PARENTS

Join **VELA** for our **FREE** “Taking Care of You” Workshops for parents!

Along with other parents of children with special needs, you will...

- Learn how to take care of yourself while caring for others
- Learn skills to manage stress and emotions
- Practice strategies to increase your wellness
- Learn about and practice selfcompassion and mindfulness

**April 30th, 2019**

**10am-12pm**

**Refreshments and childcare provided**

**Requirements:** Have a child with special needs

**Call (512) 850-8281 to register** and/or to receive information about case management and support services!

*VELA is a nonprofit that empowers families of children with special needs through hands-on information, support, and community building*

“It was incredible to have permission to look at how to take care of myself while I care for others. Put your oxygen mask on first”

- Chris,  
Susie’s mom