



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 21, 2020

Tuesday

9:30am-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 other support services.

“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

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