

# SELF-CARE TIPS FOR PARENTS OF DIVERSE LEARNERS

Join the Parent Involvement Specialist team for an encore presentation on Self-Care: Learning to Care for yourself while caring for a diverse learner. Parents/caregivers often forget to take care of themselves until major health issues arise or they become unable to care for their child(ren) due to lack of self-care. We will share with parents/caregivers self-care tips that can support you during these uncertain times including how to get started! We also want to hear tips and suggestions from you!

**Thursday, April 30, 2020**

**Morning**

**10:30 to 11:30 am**

**Evening**

**7:00 to 8:00 pm**

Eventbrite registration: Click [HERE](#) or go to:

<https://www.eventbrite.com/e/odlss-self-care-tips-for-parentscaregivers-tickets-103750540660>



*If you need additional support, the Parent Involvement Specialist team is here to help!  
Please email us at: [odlss@parentsupport.edu](mailto:odlss@parentsupport.edu)*

