

Creative Self Nurturing for Educators and Caregivers



As educators and caregivers, our own individual needs are often overlooked as we get caught up in the busyness of our everyday lives and meeting the needs of others. The past 18 months with all the uncertainty and change has created the perfect storm for increasing levels of stress. Taking the time to rest and renew is time well spent. When we are at our best, we can give to others freely.

In this program we will dispel the myth that self-nurturing is selfish. Give yourself the gift of attending this workshop and go home with a realistic plan to prioritize your self-care. I will share some simple and effective strategies that you can begin using immediately.

Bring a pen and journal or notebook.

Date: July 22, 2021

Time: 1:30-3:30 (Until 4:00 for any participants who want to stay and work on their individual self-care plans)

For more information and to register contact: Wiawaka Center for Women to Register.
518 668-9690 or <https://wiawaka.org/lectures-stories/>