



**\*\* ATTENTION! \*\***

*Due to some technical difficulties,  
several people did not receive the  
Zoom link. Sorry about that!  
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# Hey Mama...

... How are you doing?

No, really. How are **YOU** doing?



*We know taking care of a child with medical complexity can be all-consuming, and you're doing a wonderful job! But it's also okay not to talk about the kid stuff all day, every day. **YOU matter too.***

**Join us for a time of self-preservation and restoration.**



**Tuesdays in August | 5:45 – 6:45pm**

August 5: Health & Wellness

August 12: Relationships

August 19: Entertainment

August 26: Hobbies

***Meets via Zoom ([click HERE!](#))***



**Connect with other moms. Reclaim your whole self.**