



PARENT WORKSHOP SERIES BY SANA LAB

Filling Your Own Cup First: Responding to the Emotions and Stressors of Parenting a Child with Special Needs

**Tuesday, January 21st, 2020 at 6:30pm
300 George Street, Suite 900
New Haven, CT 06511**

This parent workshop is designed to be informational, while also providing space for self-reflection about topics such as grief and its accompanying emotions, common stressors and emotional triggers, and self-care strategies and practices.

Hosted by: Amy Giguere Carney, LCSW

AUTISM CENTER OF EXCELLENCE

If the timing doesn't fit your schedule, please let us know more convenient weekday times so we can take it into consideration for the future!

Space is limited, reserve your spot now!

RSVP to: nicole.powell@yale.edu