

Tiny Little Moments

Real Life Self-Care and Self-Compassion for Caregivers



- *Are you feeling run down and burnt out?*
- *Does the thought of "me time" feel like a joke?*
- *Do you beat yourself up after snapping at your kids?*
- *Are you human?*

This group might be for you...

From practical tips to reflection, connection, and reasonable goals, we'll explore what works for YOU. Each session will include some tiny little moments of self-care to give you an extra boost. (Because we all need one!)

Wednesdays
4-4:45 pm

February 7-March 27

\$45/session

1905 Woodstock Rd. Suite 3100

Sign up for this AND Little Mixers
and get \$5 off each!

Interested?

Contact Beth-Marie:
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EARLY CONNECTIONS
Child & Family Counseling