



NEW JERSEY INCLUSIVE CHILD CARE PROJECT (NJICCP)

Tuesday, November 09th, 2021

06:30 PM- 07:30 PM

Parent Circle Time

“Self-Care and Stress Prevention”

Practicing healthy self-care habits will help balance your physical, emotional, and mental reserves to prevent and manage stress. Join us to learn through this session some of the techniques and latest information surrounding healthy and successful ways to prevent or cope with stress through self-care.

Register via Zoom or Eventbrite:

https://us02web.zoom.us/meeting/register/tZwod-2qrj0jHt1GQv8iU_J6LajU6iVm_fjU

<https://circle-time-for-parents.eventbrite.com>

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