

Share & Care

Parent Workshop

Stress and Self-Care for Parents

Share & Care invites parents/caregivers to join us as we discuss ways to reduce stress through self-care.

Bilingual English and Spanish

Date: Tuesday, November 18, 2025

Time: 9:00am - 10:00am

Location: Zoom

Click to Join

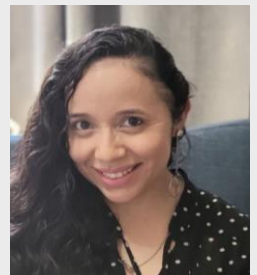
<https://tinyurl.com/29hex6nz>

Meeting ID: 973 6700 0616

Password: 689172



Suzanne Silverstein, MA, ATR



Iris Rojas Bertrand, LCSW

Join us as we discuss together:

- Importance of self-care
- Tips for wellbeing



This event is FREE!

Questions? Email Sara Brown at sara.brown@cshs.org