Interweaving Self Care into the Parenting Experience

Making the Impossible, Possible
Agenda

• Welcome and Introduction
• Experiential Activities and Discussion:
  ✰ Self-Care
  ✰ Self-Care and the Couple
  ✰ Self-Care and the Child with Special Needs
  ✰ Self-Care and the Siblings
  ✰ Self-Care and Community
• Reflection
Community Therapeutic Day School
Holding Environment

“Every human being, given a facilitating environment, intrinsically contains the momentum for growth towards emotional as well as physical maturity and towards a positive contribution to society.”

~ D.W. Winnicott
Self-Care

“If only you gave to yourself what you give to others so freely.”
Self-Care and the Couple

“Listening is Love in action.”
Leo Buscaglia
Self-Care and the Child with Special Needs

“The more grateful I am, the more beauty I see.”

~Mary Davis
Self-Care and the Siblings

“Grateful and awake, ask what you need to know now. Say what you feel now. Love what you love now.”

~ Mark Nepo
Self-Care and Community

Find your flock!!
Reflection