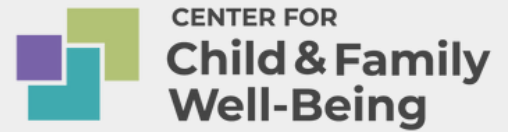


DROP-IN FOR PARENTS & CAREGIVERS



A TIME OF MINDFULNESS, SELF-COMPASSION & COMMON HUMANITY

Join us for a **FREE** monthly online community drop-in with Shayla Collins.

Our goal is to reinforce the skills you have and support your well-being so that you can continue to give enough to everyone else, both personally & professionally. Know that!

We welcome all parents & caregivers to participate and look forward to an impactful time of engagement, community & learning.



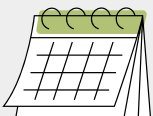
Register to Receive the Zoom Link to Our **FREE** Monthly Drop-Ins



These online community drop-ins are intended as a space for our beloved parents and caregivers!

bit.ly/parentdropins

WHEN AND WHERE?



This recurring event will take place every 3rd Thursday of the month from 7:00 - 8:00 PM Pacific Time.