



Family Connections

Newbury, Rowley, Salisbury, Newburyport, West Newbury,
Groveland, Merrimac, Amesbury & Haverhill

Presents...



Christine Dagostino

**Join us for this Virtual Parent Workshop.
It's FREE to attend.**

Nervous System Care for Parents and Caregivers November 12, 2024 7:30 - 8:30 p.m.

Forget bubble baths and spa days! This workshop is an invitation to re-define "self-care" so we can stop putting it off and start integrating practices that support our nervous systems into the thousands of tiny moments we spend with our children each day. This reflective workshop will take participants through a process of identifying and normalizing the ways our children challenge our ability to remain regulated, and how we can rewire our brains toward new responses that better support connection and emotional intelligence in our homes and families



**No registration required. Join the workshop using
Zoom**

Join Zoom Meeting

[https://us02web.zoom.us/j/83928680293?
pwd=Eh9DDJkLjdF9XCWdVmpqWWfnQit7we.1](https://us02web.zoom.us/j/83928680293?pwd=Eh9DDJkLjdF9XCWdVmpqWWfnQit7we.1)



Meeting ID: 839 2868 0293

Passcode: 163658