

Virtual Self-Care Series for parents

Join us online for open
discussion & self-care education



Virtual group meetings the 2nd Tuesday of each month • 5:30–6:30 pm • Class link provided upon registration

Parenting is hard, especially during a pandemic. Fear, uncertainty, and doubt can impact your state of mind, making even simple tasks seem difficult. It is more important than ever for our families to feel a sense of support — and to know that resources are available.

Nevada Health Centers is inviting you to participate in a virtual gathering to learn, share, and experience together the value of healthy self-care.

All parents are welcome, and participants will be entered into a raffle for one \$25 Amazon gift card each session.

It's free to join, and conversations are guided by a licensed professional from Nevada Health Centers. Sessions are offered in both English and Spanish.

We are ready to listen to your needs and concerns, and to provide you with effective self-care resources to help you navigate these challenging times.

If you have questions about these sessions, please e-mail Steven Brotman, MS, director of behavioral health operations, at BH@nvhealthcenters.org.

Session #1 • July 13, 2021

What is mental health & mindfulness?

Session #2 • August 10, 2021

Coping with stress & COVID-19

Session #3 • September 7, 2021

Establishing healthy boundaries

Session #4 • October 12, 2021

Increasing independence

Session #5 • November 9, 2021

Developing healthy communication styles

Session #6 • December 14, 2021

Healthy communication styles (cont.)

Session #7 • January 11, 2022

Cultural difference in parenting

Session #8 • February 8, 2022

Building healthy self esteem

Session #9 • March 8, 2022

Positive parenting

Session #10 • April 12, 2022

Self-regulating your ANTS



*Space is limited,
so register today*

nvhealthcenters.org/vscs