Virtual Self-Care Series for parents

Join us online for open discussion & self-care education

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.

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

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

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