

Parent Self-Care Group

Where: Bring on the Spectrum (BOTS)

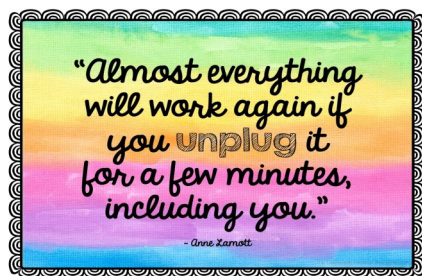
71 Fuller Rd, Albany, NY 12205

When: April 16th from 6:00pm–7:30pm

Respite will be provided for children and siblings over the age of 3.
Under the age of 3 will need a responsible party to stay.

Parents will be engaging in a verbal body scan meditation that will talk them through how to relax from head to toe!

This is on a first come, first serve basis. We will be capping the participants of this group to 12 parents total and 20 children!



Please RSVP to Kimberly Hacker at Kimberlyh@ccdservices.org or Beth Cassidy at bethc@ccdservices.org

Please Note

We will put priority to families that have OPWDD eligibility established. Please let us know if you have OPWDD eligibility when you register. Also, for individuals with Self-Direction, please let us know so that we may provide you with the cost amount for the group for your budget as it will need to be included. Thank you!

