

2024 Connection Series - Self Care - Self Connection

Protective factors are safeguards to help children function well at home, in school, and in their community. Building strong relationships and fostering connectivity are essential to providing strong protective factors for our families. Please join us for our third session in the 2024 Connection Series!

VIRTUAL WORKSHOP

Tuesday, October 1, 2024

7:30 - 9:00 P.M.

Are you always last on your list?

Find out why it's so important for you to practice self care.

Join us to learn:

- Why is Self Care important for you AND your family?
- Ways to practice Self Care
- What does resilience do for you and your family?
- Understanding Co-regulation and why it benefits you and your family

[Register Here](#)

or visit www.CCEOrangeCounty.org/events



**Cornell Cooperative Extension
Orange County**

cceorangecounty.org

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

**Cornell Cooperative Extension
Sullivan County**

sullivanccce.org



**Family &
Consumer
Sciences**

RAISING KIDS, EATING RIGHT, SPENDING SMART