

Taking Care of Yourself

A stress relief workshop for individuals and families who have lost a parent.

Self-Care is not about indulgence. It is necessary for preserving our energy and respecting ourselves. Join others who share your experience of grieving the loss of a parent while participating in creative projects to help your self-care routine.

Multiple locations for you to choose from:

Family Home Health Services
2171 Executive Drive, Suite 450
Addison

TUESDAY MAY 8 @ 6 PM
SATURDAY JUNE 16 @ 11 AM

Associates in Behavioral Science
6201 W Cermak, 2nd Floor
Berwyn

SATURDAY MAY 12 @ 2 PM
TUESDAY JUNE 12 @ 6 PM

All workshops are FREE of charge, but registration is required.

Contact Robin:

630-317-3341

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