

"Taking care of ourselves" **A FREE stress reduction workshop for parents and caregivers of children with special needs**

Parenting a child with special needs can be stressful. It is important to learn to manage that stress instead of letting it manage you. In this workshop, you will learn and practice simple stress management and relaxation skills that will help you to self-soothe.

When?

Wednesday April 24, 2013, 6-8pm

Where?

Extreme Kids and Crew, Space No. 1

40 Brevoort Place

Brooklyn, NY 11216

www.extremekidsandcrew.org

How do I register?

Contact Sonali via email at: sonali@sonalizeracki.com or via phone at: (917) 274-7248

Register early as space is limited!

Who is leading the workshop?

This workshop will be lead by Sonali Zoracki, LCSW. Sonali has been working with children with special needs and their families for the past 10 years. She has a private practice in New York City and specializes in providing psychotherapy to parents, caregivers, and siblings of children with special needs.

For more information about Sonali and the services that she provides visit www.sonalizeracki.com