

SELF-LOVE ISN'T SELFISH!

Parents, come join us in an hour of rejuvenation and self-care. We know you prioritize your children, but now it's your turn to prioritize yourself.



When: Wednesday, February
24th
Time: 6pm



Google Link:

<https://meet.google.com/aof-stka-mch>



Activities will include:

- Trivia and Gift card giveaways
- Grounding Exercise
- Speaker: Rep. Sydney Batch
- Resourcing Exercise

Valentine's Day might be over, but
self-love isn't!