

# Self-Care: Juggling Personal Life in the Context of COVID-19

This will be a facilitated dialogue session over Zoom for parents/caregivers.

Participants can expect the following from this workshop:

- to increase their self-awareness around stressors and reflect on their current self-care practices
- be provided some psycho-educational background on self-care and the body-mind relationship
- explore what a self-care plan can look like (what should be included, how to set realistic boundaries, etc.)
- begin developing a tangible self-care plan to implement and utilize following the workshop



**Presenter:**  
Leah Hughes, M.Ed., R.C.C.  
Coordinator - Secondary Focus, Inclusive Learning  
Delta School District

**When: Feb 4, 2021 6:30 PM – 8PM**

**Register in advance for this meeting:**

**[https://ca01web.zoom.us/meeting/register/u50qcOChrjltEt2l6IVgeMSXdfFoa\\_YwzxZB](https://ca01web.zoom.us/meeting/register/u50qcOChrjltEt2l6IVgeMSXdfFoa_YwzxZB)**

**After registering, you will receive a confirmation email containing information on joining the workshop.**

PRESENTED BY:



A FREE  
EDUCATION  
SESSION FOR  
PARENTS AND  
CAREGIVERS

SELF CARE:  
JUGGLING  
PERSONAL LIFE IN  
THE CONTEXT OF  
COVID-19

PRESENTER:  
LEAH HUGHES

Email questions for Leah Hughes ahead of time to:  
Kirsten Hermanson,  
Manager – Prevention  
and School Wellness

[khermanson@deltasd.bc.ca](mailto:khermanson@deltasd.bc.ca)