

PARENT & CAREGIVER COMPASSION RESILIENCE CLASS

We want to show up strong and compassionate every day. Feeling worn out is normal when we care about children & others. Learn the skills and supports that build strength and compassion, manage daily stresses & empower those you care for to do the same.

Here is a chance to get together with other parents or caregivers to discover ideas that can help you to be well while caring for your family. We will explore ways to act with compassion, say “no” to support our yeses, get clear about our expectations, create the family culture we desire, and take care of our mind, spirit, heart, and strength at the same time.

Eight Sessions, 60 Minutes Each Will be Held:

- 1) Why We Gather & Where We Are Headed
- 2) Compassion in Action
- 3) Compassion Fatigue
- 4) Locus of Control
- 5) Expectations From Self & Others
- 6) Compassionate Boundary Setting
- 7) Influencing Your Family Culture
- 8) Wellness & Resilience Strategies



Class will be free of charge & open to the public through a collaborative partnership between



Class Sessions will be held at GBASO in the Conference Room.

Tuesday Evenings from 6-7pm

February 4, February 11, February 18, February 25,

March 4, March 11, March 18, March 25

Ideally participants will attend all sessions, but we understand life can happen. Please register if you feel like you can attend most sessions.

**Open to parents & caregivers of
kids of all ages from babies to adults!**

**Casual, low pressure atmosphere.
Come hang out while your kids skate!**

**Register today at
<https://www.gbaso.org>**

**Questions? Email
marybeth@mhawisconsin.org or
michael@mhawisconsin.org**