

# Taking Care of Ourselves and Our Children During the Pandemic

*Designed by families for families of children receiving Early Intervention and Home Visiting/Family Support Services*

**Choose the virtual session that works best for you**

**Nov. 10, 2020**

1:00-2:30 pm

or

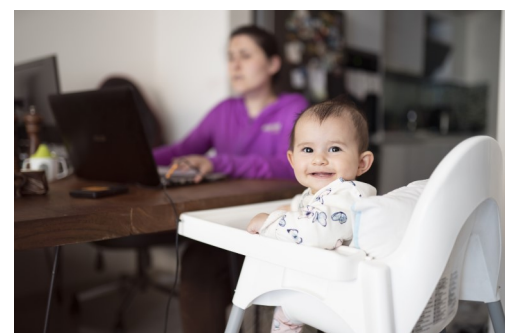
6:30-8:00 pm (Spanish Translation available)

Sessions are free

Pre-registration is required

Register Here:

[www.surveymonkey.com/r/N25TBB8](http://www.surveymonkey.com/r/N25TBB8)



*Family members will share their tips, ideas and strategies they have found helpful during the pandemic. Participants will be invited to discuss the ideas shared during the information session in small groups with each other. Instructions on how to access the training and have a successful training experience will be sent prior to the session.*