



Caring for the Caregiver Part 2: Practicing Self-Care- Beginner Yoga and Meditation*

Saturday, September 22, 2018

10 am - 11:30 am

Children's Treatment Network, 13175 Yonge Street, Richmond Hill

Join us for a discussion on self-care with parents of children with special needs, followed by a 40 minute beginner yoga practice and meditation.

[Click to reserve your spot. Space is limited.](#)

**Please bring a water bottle, towel and yoga mat, if you have one.
Childcare will not be provided.*