

Finding Strength for the Long Haul:

A 5-week class about finding inner strength and building community with parents and caregivers of kids with health conditions or disabilities

Friday nights, starting February 28



Join us for a 5-week class where you can have some time and space for yourself!

- Connect with other families of kids with health conditions, disabilities, or mental or behavioral health conditions
- Learn skills to help with worries and hard situations, such as mindfulness and breathing techniques
- Learn to enjoy special moments with your child and family
- Learn ways to be easier on yourself

We provide free on-site childcare and a light dinner for class participants and kids.

To sign up:

Please call or text Fahmo Abdulle, program coordinator, at 206-892-8516 or email her at fahmo.abdulle@seattlechildrens.org.

We need to have an RSVP confirming attendance and any food restrictions for yourself and your children in order to plan for food and childcare.

Dates:

Fridays: February 28- March 27

Time: 5:30-7:30 p.m.

And a special retreat on

Sat, April 4th 12:00 to 3:30 p.m.

**Location: Rainier Vista
Neighborhood house**

4410 29th Ave. S.

Seattle WA 98108



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