



**RT**

Ramapo Training

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National School  
Climate Center

**YDI**

Youth Development  
Institute

# SELF CARE FOR THE CAREGIVER

**Date: 2/13/23**

**Time: 6:00PM - 7:00PM**

**Join Session**

<https://us06web.zoom.us/j/88455929779>



**In this workshop we will learn some practical tools for taking care of ourselves while at home, so that we can continue to be effective caregivers for our children.**

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**If you have any questions or would like to RSVP, please contact Rebecca Alvarez at 718-621-8897 or at [Ralvarez24@schools.nyc.gov](mailto:Ralvarez24@schools.nyc.gov)**