



# Caring for You, Caring for Them:

## Building Resilience in Families With Neurodivergent Children



Come and join us:

- Educate parents on the unique challenges and strengths of neurodivergent children.
- Build parent awareness of self-care and its importance in family resilience.
- Provide practical strategies for coping, stress management, and fostering emotional regulation in both children and parents.
- Create a supportive space for sharing experiences and building community.
- Acknowledge grief in loss of expectations

Register Here



Monday September 29th @ 5:30PM  
11187 De Foe Ave, Pacoima, CA 91331

