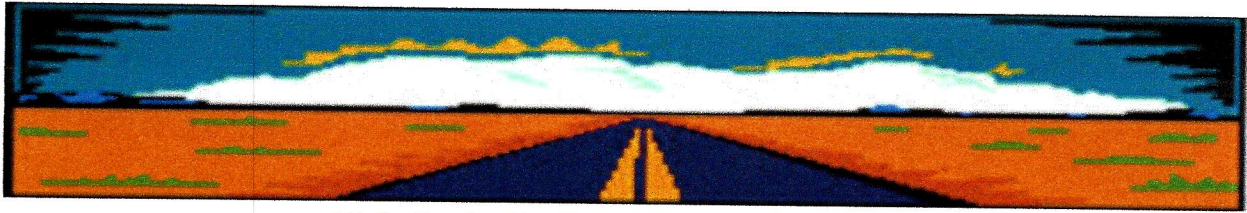


FAMILY ALLIANCE

Parent Support for Families of Children with Mental Health Needs



Website: familyallianceformentalhealth.com

Email: familyalliancewashington@gmail.com

Family Alliance for Mental Health Presents:

Self-Care Series

January 19 – Yoga – NO Experience Necessary!!! This will be a gentle, restorative, relaxing yoga class for everyone. You can bring your own mat or if you do not have a mat, one will be supplied. Led by Kate, one of our Family Alliance volunteer parents.

February 16 – Hobbies – NO Experience Necessary!!! Parents sharing with parents. Bring your favorite hobby to share with other parents.

March 15 – Pamper Yourself – Parents sharing with parents. Share your favorite things, places, events you use to pamper yourself during the winter/spring months with other parents.

April 19 – Wellness Recovery Action Plan, W.R.A.P – an introduction to creating your own Wellness Recovery Action Plan.

May 17 – Summer Self-Care/Celebration – Parents sharing with parents. Share your favorite things, places, events you use for summer fun self-care. We will celebrate the ending of the winter months & celebrate our self-care.

Starting Tuesday, January 19, 2016

From 6:30-8 pm

Continuing the 3rd Tuesday of every month until May 17

Please call 360-918-4942 for any questions

Located at Faith Lutheran Community Center

7075 Pacific Ave. in Lacey

Free child care is provided

Pizza, Coffee, Water Provided