



SELF PATIENCE & COMPASSION

FOR PARENTS & CAREGIVERS

Presented in partnership with
FamilyKind
Supporting parents and
caregivers, including those who
are divorcing or separated.

Parenting and caregiving can be
overwhelming, especially in times
of stress or transition. Join us for
a supportive series designed to
help you build patience and
compassion for yourself while
learning tools to stay grounded
and present.

3 PART SERIES
SUPPORTING
EMOTIONAL
WELLNESS



Facilitator

RobinAnn McGonigle, MHC, NYSPEP-
CPE, NCC, PIMH, CCTP-11, C-DBT,
CATP, MS

Director of Parenting Education, FamilyKind

- NYSPEP Certified Parenting Educator
- Parent-Infant Mental Health
- Specialist
- National Certified Counselor

Starting January 23rd 2025
at 6:30pm

Register Now:

[https://nycdoe.zoom.us/j/92145389881?
pwd=bQ2SaRRtI01aI5SfWLZ1DXf0qXf8cP.1](https://nycdoe.zoom.us/j/92145389881?pwd=bQ2SaRRtI01aI5SfWLZ1DXf0qXf8cP.1)

Week 1

Calm Your Body

Discover simple techniques to
calm and body during
challenging moments while
giving yourself grace.

Week 2

Breathing to Support Your Nervous System

Explore breathing techniques and
mantras to promote balance and
reduce stress.

Week 3

Meditation & Deescalation

Learn meditation practices to
respond calmly in moments
of conflict.