



GLEDHILLE ELEMENTARY

SELF CARE WORKSHOP

TALLER DE CUIDADO PERSONAL

10/16/2024
8:45AM

You will:

- Learn what self-care means
- Get a peek at what self-care means in your own life
- Enjoy some delightful and relaxing activities

Brought to you by: Ms. Silva, your friendly Psychiatric Social Worker
(PSW)

Podrás:

- Aprender qué significa el autocuidado
- Echará un vistazo a lo que significa el autocuidado en su propia vida
- Disfrutar de algunas actividades relajantes y divertidas

Presentado por: Ms. Silva, su amable Trabajadora Social
Psiquiátrica (PSW)

