



WEDNESDAY WISDOM

Tewksbury Parents: Join Us for a 3 Part Zoom Series
Life has lots of challenges right now- remember to take care of YOU!

You Matter...It all starts with you

We know it takes a lot of time, energy, and effort to raise healthy, confident, and kind children, but all of that energy & effort can be really hard to maintain- *especially* during a pandemic! Using real life scenarios (and some humor!) this workshop series will focus on concrete skills/tools to help you learn how to take care of you to help you maintain the (endless) energy you need to parent & home school during this time.

Log on to Zoom with us and unwind at the end of your day as you connect with other parents, learn new skills/tools to help navigate long/challenging days of parenting and homeschooling, and maybe even share some laughs with other families who are on this journey too!

Join us for all three nights *OR* come to as many as you can!

When: Wednesdays, 7pm-8pm

Dates: June 3rd, June 10th, June 17th

Where: www.Zoom.us

Meeting ID: 872 2483 0821

Presenter: **Carrie Stack**, M.Ed. is a Certified Life Coach, author, and motivational speaker with 25+ years of experience providing people with skills and tools to make positive changes in their lives. Founder of the **Say Yes Institute (SYI)**, a company focused on building emotional intelligence skills through training and coaching, Carrie is the author of *The Dream Boss: Inspire Individuals and Teams to Succeed* and has shared her "people skills" strategies with tens of thousands of people across the country looking to build more powerful and positive relationships, both at home and at work. For more information about Carrie & SYI, go to www.sayyesinstitute.com

Simon Holland
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If you had asked me what the hardest part of battling a global pandemic would be I would have never guessed, "teaching elementary school math."

8:16 AM · Mar 23, 2020 · [Twitter for iPhone](#)