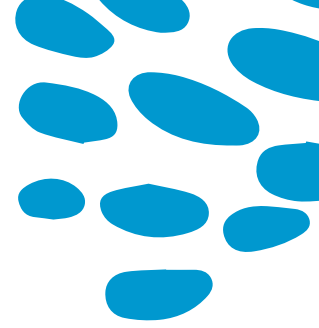


Parent  
**WELLNESS**



**Self-Care for Families**

Description: Tips to help fuel your family's self-care journey.

Link: <https://bit.ly/3R0ggWU>

