



REGISTER TODAY



APRIL 9, 6:30-7:30

SELF-CARE FOR CAREGIVERS: WHY IT'S SO CRITICAL AND HOW TO MAKE IT HAPPEN

You know the old adage, “Life is a marathon, not a sprint.” For parents who are also caregivers, it’s both; often with no water breaks.

When a loved one has a disability or complex medical needs, the everyday norm you grow accustomed to is likely drastically different from your parenting peers with “typical” children. Yet the expectations put on us by society and even ourselves are the same, if not more. This workshop will help to give yourself some grace, consider what can wait, and re-examine the true intent of self-care.



ABOUT THE PRESENTER

Erin Croyle is a journalist, writer, and speaker who has worked with National Geographic and Al Jazeera English. When her son Arlo was born with Down syndrome in 2010, she shifted focus to disability advocacy, using her journalism skills to promote inclusion. She is a communications specialist at Virginia Commonwealth University's Center for Family Involvement and hosts The Odyssey: Parenting. Caregiving. Disability. podcast. Erin co-founded Our Caregiver Life and contributes to Parenting Special Needs Magazine. Originally from Northeast Ohio, she now lives in Ithaca, NY, with her family.

