



Vision for Equality

Pictured above is the Vision for Equality Logo

## Attention Families!

**OUR LIVES AS CAREGIVERS CAN BE QUITE STRESSFUL BUT THERE ARE SIMPLE WELLNESS PRACTICES WE CAN IMPLEMENT TO RELEASE STRESS ON OUR MIND AND BODY.**

**Please join us on Zoom every Tuesday from 7 to 7:30 PM for our Wellness series starting on March 15!**

**Sign up <https://bit.ly/phillywellnessseries>**

**Below are the topics of upcoming wellness sessions led by Marianne Roche and Meg Mautz:**

March 15:  
**Breathing and Meditation**

March 22:  
**Tips for Addressing Insomnia**

March 29:  
**Some Simple Ways to Enjoy The Day**

April 5:  
**Addressing Neck and Shoulder Tension**

April 12:  
**More Ideas for Enjoying The Day**

April 19:  
**Help for Those Anxious Moments**

April 26:  
**Massaging Hands for Ease**

May 3:  
**Help With Headaches**

May 10:  
**Massaging Feet for Ease**

May 17:  
**Be Kind to The Back**

Reasonable accommodations as identified under the ADA must be requested 2 weeks in advance. Please contact [challegra@visionforequality.org](mailto:challegra@visionforequality.org)

The Trauma Informed Care Project for Philadelphia Families is a project of Vision for Equality and is funded through the city of Philadelphia DBHIDS.