

# Business Meeting and Self-Care for Caregivers Panel

Thursday – November 19, 2020

Business Meeting – 6:00pm-6:30pm

Self-care for Caregivers During Covid- 6:30pm-8:00pm

Please register via [this link](#) to get access to the zoom meeting link for November 19th

We are proud to present our panelists:

Dr. Meredith Dennis: “Coping Skills for Children During Covid”

Brad Thompson: “Self-care for the Caregiver During Covid”

Renee Carelson: “Mindfulness During Covid”

We invite you to an evening of hearing from a panel of experts who have a wealth of information for you and your family and talk about self-care during Covid. Please submit any questions you have and we can assure to address as many questions as possible during the Q&A. You may [fill out this form](#) to submit your questions.

Next Special Ed. CAC Business Meeting/Training Dates:

- February 11 at 6pm via zoom
- April 8 at 6pm via zoom
- May 20 at 6pm via zoom