

Parent & Family Engagement  
Virtual Workshop



Professor A.I.



# HEALTH & WELLNESS FOR DADS

## Community Change

Focus on your well-being to be the best parent you can be.

This workshop emphasizes the importance of self-care and provide tips for maintaining physical and mental health.

**FRIDAY  
APRIL 5, 2024**

**6-7PM**

**CLICK HERE TO JOIN**



New York  
21st Century Community Learning Centers  
SOARING BEYOND EXPECTATIONS