



Westview EDU presents

# Parent Check-In + Self-Care

How is everyone doing? Being a parent of a special needs child can be HARD. Add on the unique challenges of living during a pandemic - that's even harder.

Join Mimi Le, M.A., LMFT, LPC for our first WestviewEDU of the school year. She will present via ZOOM and offer tips on how to manage stress, maintain relationships, and offer support as families navigate back to school for your child with autism.

**Thursday, Sept 10 | 7 PM**

Questions? Send an email to [pkhuri@westviewschool.org](mailto:pkhuri@westviewschool.org)

The full WestviewEDU schedule can be found at  
[westviewschool.org/campus-life/westviewedu](http://westviewschool.org/campus-life/westviewedu)

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