

NEEDHAM SEPAC
PRESENTS:



Nurturing
Neurodivergence
Together

PARENTING SELF-CARE WORKSHOP

Facilitated by

Marlene Schlesinger, M.S., CCC-SLP

Founder of *Nurturing Neurodivergence Together*

THURSDAY, NOVEMBER 13 • 7:00–8:30 PM
BROADMEADOW ELEMENTARY SCHOOL

Join us for a workshop and supportive discussion on parental self-care and self-regulation. Learn simple, realistic strategies to manage stress, reset in tough moments, and bring more peace into your parenting.



This event is Free- Register here to help us plan.