FAMILY SUPPORT SERVICES
DEPARTMENT OF SPECIAL EDUCATION

An Important Parent Discussion:

Self-Care During the Holiday Season

This time of year can be challenging for everyone, but especially for families navigating the holidays with children who have developmental delays, disabilities, or sensory sensitivities. Join us for a supportive parent discussion focused on self-care and managing stress during this busy season.

Whether:

- you come to share or simply to listen,
- it is your first holiday season with a child with developmental delays or your 18th,
- you feel excited for the holidays or are filled with anxiety,
- you are a parent/caregiver, family member, or a professional supporting families,

this discussion is for you.

Joining us will be Casey Mouton. Casey is a licensed marriage and family therapist based in California who works with special needs parents all over the country. Casey is a special needs mom herself and has received specialized training in maternal mental health. Casey brings warmth, empathy, and humor to her work with parents as they learn to cope through uncertainty and find joy along the way.

November 11, 2026
6:00pm

Link to join us:
https://meet.google.com/jbx-jjbt-exc
This session will be recorded.

Department of Special Education & Early Childhood Programs
BALTIMORE COUNTY PUBLIC SCHOOLS