

# ASDC Conference 2022 - Take the Sign-Seeing Route!

July 21-23 | Anaheim, CA



**An exclusive family fun-cation** with morning learning and afternoon field trips in ASL!

July 23, 2022

## ASDC Conference – Saturday Morning Workshop

### Courageous Parenting: Making Time for Self-Care

**Presented by:** Malibu Barron, ASDC Board Chair

*Trainer | Consultant | HR + OMBUDS | Facilitator*

*Director of People Operations | National Deaf Therapy*

*Coordinator of Equity and Inclusion | Texas School for the Deaf*

#### **Workshop Description:**

This session will be an opportunity to learn more about embedding the value of self-care into daily parenting. Becoming an adult, we were taught to be responsible, manage daily and future plans, and master our tools as a parent. Then, with time, stress, and trauma... we often forget ourselves - leading to a circle of burnout and chronic fatigue when trying to get everything together.

So, during the session, in a group, we will practice courageous parenting in which you will be able to identify different ways to have fun as a parent/guardian by using self-regulation through breathing, addressing your own areas of needs, and incorporating fun in raising your child(ren).