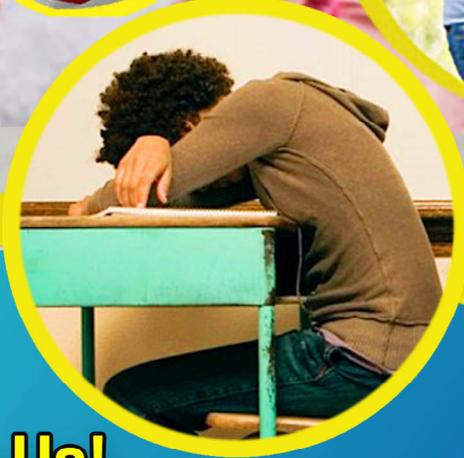


P596X Caregiver & Parent Workshop!

153X Library- 2nd Floor
650 Baychester Ave,
Bronx, NY 10475



Join Us!

Tues. March 3, 2026 @11AM-1PM

Part One: CARING FOR THE CAREGIVER

Seated exercises and breathing techniques for parents and caregivers to reduce stress and improve energy.

Part Two: PARENT WORKSHOP

- Sleep and Behavior
Lunch and Learn
with Raffle Giveaway!

Hosted By:

Anne Buckley
Reen
OTR, RYT



**RSVP Ms. Elena Talamo
Deadline 2/27**

Email: Etalamomirabal@school.nyc.gov