



**SPECIAL NEEDS PARENTS AND CAREGIVERS**

**VIRTUAL WELLNESS WORKSHOP:  
COPING STRATEGIES AND RESOURCES**

**BRING YOUR COFFEE OR TEA & SPEND THE  
MORNING LEARNING HELPFUL TIPS & STRATEGIES  
FOR GETTING BY DURING THIS TIME**

**SATURDAY, MAY 16, 9:30 AM - 11 AM**

Event is free but registration is required.  
Email [Jackie.Eppler@cranberrydiversity.org](mailto:Jackie.Eppler@cranberrydiversity.org)

Facilitated by Open Up Pittsburgh. Visit our Facebook page to contribute your thoughts to the discussion in advance.



**CRANBERRY  
AREA  
DIVERSITY  
NETWORK**

