

Grow and Thrive!

Wellness & Skills-Building Groups

Join our therapeutic programs to enhance communication, physical development, and teamwork skills. Led by experienced therapists, each session offers a supportive environment for growth and learning. Open to all in the designated age groups, these programs can complement other Therapy services.

Empowered Care: Mind & Body Renewal for Caregivers & Parents

Fall Session 2: **November 7-December 19, 2024**

- *Thursdays 1:00-2:00 p.m. (no class on Thursday, 11/28)*

Caring for a loved one with a disability can be a deeply rewarding experience and also requires significant emotional and physical energy. Empowered Care: Mind & Body Renewal supports caregivers in maintaining their well-being while fulfilling this important role.

An experienced Occupational or Physical Therapist will provide practical strategies to promote self-care and prevent burnout. Through guided sessions, caregivers learn:

- **How to Recognize & Prevent Burnout**
- **How to Prevent Physical Injuries**
- **Time Management Tools**
- **Habits for Intellectual Health**

For questions, email tbc@eastersealsma.org.



Register Today!



 **easterseals**
Massachusetts
The Bridge Center

470 Pine Street, Bridgewater, MA 02324
617.737.6658 • eastersealsma.org

