

Thursday, June 18
12 noon, virtual

How are you, *really*?

Parents are always **doing** something for **someone else**...

But you can't keep pouring into others' cups without refilling your own!

FILL YOUR CUP



For Parents AND Expecting Parents:

We'll talk about recognizing stress in everyday life and simple, realistic ways to improve communication, build support, and **refill your cup**.

Pregnant? Have a newborn? Or toddlers?

Talk with Community Health Educators, share your ideas and learn new ways to recharge!

Free, virtual meeting.

Gift card for coffee/tea for all attendees.

Register: Scan or go to:

bit.ly/HunterdonCUP



Questions? Karen: 732-979-8212

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