

MAKE TIME FOR ME: STRONGER MIND, STRONGER YOU



ABOUT MAKE TIME FOR ME: STRONG MIND, STRONGER YOU

Stronger Mind, Stronger You is a year-long series of virtual wellness sessions designed to help you strengthen your mindset, build resilience, and prioritize your mental well-being. Each month, family child care network coordinator Kim Cruz and quality improvement specialist Meghan Pallante will explore practical topics related to stress management, emotional wellness, healthy coping strategies, and personal growth.

Connect with fellow family child care providers to share experiences, encouragement, and support. Together, we'll take small but meaningful steps toward becoming healthier, stronger versions of ourselves. **We invite you to attend any or all of the sessions below.**

VIRTUAL SESSIONS

All virtual sessions are from **6:30 - 7:30 p.m.**

No RSVP is required.

Use this Zoom link udel.zoom.us/j/93809517939 to join any of our upcoming sessions.

Questions? Contact Kim or Meghan.



Kim Cruz

kimcruz@udel.edu



Meghan Pallante

mjulia@udel.edu

July 27 - *Reset Your Mindset*

August 24 - *Break It Down, When Everything Feels Urgent*

September 28 - *Simplifying Your Space & Systems*

October 26 - *Letting Go of Control*

November 16 - *Self-Talk That Supports You*

December 14 - *Respond, Don't React*

January 25 - *Energy Check*

February 22 - *Combating the Winter Blues*

March 22 - *Flexible Thinking*

April 26 - *Planning Without Being Overwhelmed*

May 24 - *Reset After a Hard Day*

June 28 - *Reflect, Celebrate, Reset*