

Family Goals for Achieving Lifelong Self-Care



A self-care group for families (parents, guardians, caregivers) who provide care for a child or children on the Autism Spectrum

Join Us online on the social media platform, Zoom, where we will journey together to identify what self-care means for us, set doable life goals, and explore ways to perform activities that are most meaningful our lives!

Meeting Dates and Times TBA

Please feel free to contact Valencia Steele at vs2761@cumc.columbia.edu or, 516-462-5617