



# FIRST of Green County: Parental Self Care

November 13, 2017

From 5:30-7:00pm

St. Johns United Church of  
Christ, located at 1724 14th  
Street, Monroe.



This month, FIRST of Green County will be joined by Tracey Chugg, who will share with us important tips on Parental Self Care! Tracey Chugg is a Trauma Informed Parenting instructor for Green County. When you tend to yourself, you have more emotional, physical, and psychological resilience for your child's everyday care and the unexpected or crisis situations that inevitably arise.



Childcare will be provided! You may RSVP or contact Danielle Ewing if you have special circumstances or alternative needs! RSVP is not necessary to receive childcare for this event.



**Danielle Ewing**  
**608-328-9315**  
**dewing@gchsd.org**

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Green County Program