



**AQUILLA**  
OCCUPATIONAL THERAPY SERVICES

Virtual Workshops to learn how to stay healthy at home

## *Staying Afloat In Your Family Boat*



Whether we have children at home or we are caring for parents or family, this time of isolation can be very trying. Learning new strategies can be helpful to 'stay afloat in your family boat'. You are welcome to attend any of the following webinars:

May 14, 2020 10- 11 am

Keeping calm at home - environment, approach, strategies

May 21, 2020 10-11 am

Activities of Daily Living - how to teach and support your child's independence in self care, and helping out around the home

May 28, 2020 10-11 am

Scheduling/journaling techniques to make the most of your day

June 4, 2020 10-11 am

Self care and community care - strategies to support you and build strong communities

I am an occupational therapist and a mom. I would like to share information with you that may help make your home life a little more calm and fun.

If you are interested in signing up for any of these workshops contact:

[springdawnchn@nawash.ca](mailto:springdawnchn@nawash.ca) Stay happy, healthy and well!