



# THE CAREGIVER'S RECHARGE: SPRING INTO WELLBEING

MAY 5<sup>TH</sup> - VIRTUAL EVENT - 6:00-7:30PM

*Caregivers navigating Autism diagnosis, daily challenges, and burnout—  
this space is for you.*

## WHAT YOU'LL GAIN

- Recognize signs of burnout
- Tools for daily regulation
- Realistic self-care strategies
- Support navigating diagnosis & emotions
- Practical ways to ask for help

## DISCUSSION HIGHLIGHTS

- Coping after diagnosis
- Managing daily overwhelm
- Relationships & support systems
- Balancing life + caregiving
- Long-term hope & perspective

*Join us for support, connection, and practical strategies.*

Join Us! →



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