

PAC TITLE 1

Clara Barton High School for Health Professions

901 Classon Avenue Brooklyn, NY 11225

Tel: 718-636-4900 Fax: 718-857-3688

Dr. Richard A Forman, Principal

Parent Advisory Council (PAC) Title 1 and Ms. Lawson, Parent Coordinator

Presents



In the midst of our busy life, there's always something to do that stops us from taking care of
ourselves.

Self-care is not just important, it is crucial.

Come learn about why self-care is essential and the health impact of self-neglect.

Learn skills and create your own self-care plan.

Guest Speakers

Ms. Carlyne Sainphor, Social Worker

Ms. Karen Wynne, Social Worker

Date: Thursday February 25, 2021

Time: 7:00pm-8:00pm

[Click HERE to join the meeting](#)

Call into meeting: 1-646-558-8656

Meeting ID: 819 3524 5929

Passcode: 641064

Parents/ Guardians please make a special effort to attend

For more information please feel free to contact:

PAC Chairperson: Bridget Charles Email: brshar146@yahoo.com
Parent Coordinator: Shaundell Lawson: slawson4@schools.nyc.gov