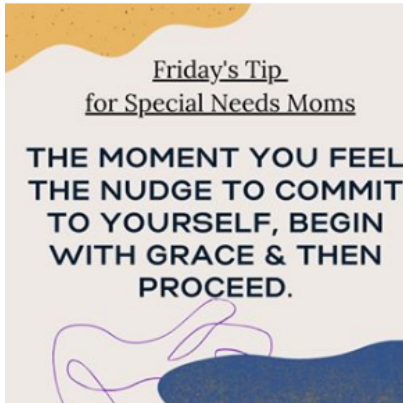


Self-Care Resources

Families with Special Needs Children



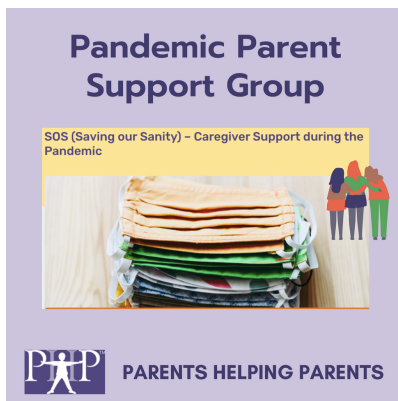
@ScratchMadeConsulting on Instagram for self-care tips for special needs families



Free Facebook Group: Self-Care is Non-Negotiable for Special Needs Parents



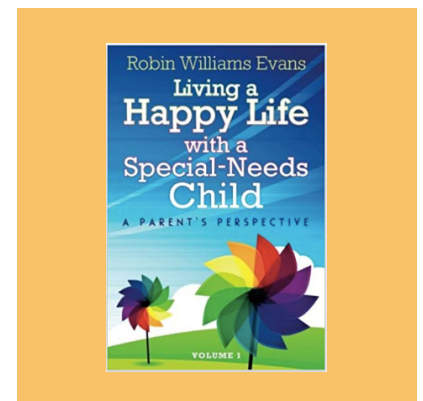
Self-Care Coaching for Special Needs Moms: From Burnout to Breakout



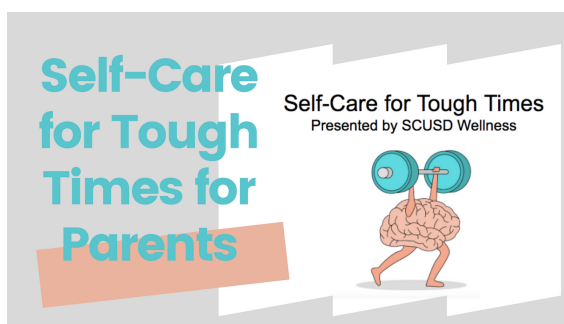
Sanity Saving Caregivers Support Group from Parents Helping Parents



Self-Care Support for Parents with a Special Needs Child with Kabrena Williams



Living a Happy Life with a Special-Needs Child: A Parent's Perspective by Robin Williams Evans



Self-Care for Tough Times Webinar (20 min)



Self-Care for Special Needs Moms Video (55 min)

Treat Yourself Self-Care/Wellness Products



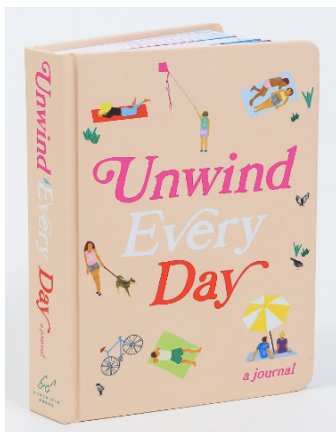
Giant Stress Ball for a
hugely stressful year



Lavender aromatherapy
eye pillow



Calming and scented
therapy dough



Journal with 365 self-care
ideas



Five-Minute Journal



Nat Botanicals Bath Bombs



Self-Care Card Deck from
Wellness Coach Rachel
Lethem



Temporary self-care tattoos
from Personal Pep Talk



Free Digital Card Deck from
Positively Present