

Virtual “Lunch & Learn” Series

For Parents and Caregivers of Children and Young Adults with Disabilities

Join us for our Spring 2023 “Lunch & Learn” Series. The workshops are free but advanced registration is required. Click on the associated link to register for any workshop that you are interested in attending. Once registered, you will receive a Zoom link to join the session.

Spring into Mental Wellness and Self-Care | Free and Online Via Zoom

Date: Monday, April 17, 2023 — 12—1 p.m. EDT

Who should participate? Parents and caregivers | [Register Here](#)

Inspiring Hope Together | Free and Online via Zoom

Date: Wednesday, April 19, 2023 — 12—1 p.m. EDT

Who should participate? Parents and caregivers | [Register Here](#)

Creating Disability-Inclusive Community | Free and Online via Zoom

Date: Monday, April 24, 2023 — 12—1 p.m. EDT

Who should participate? Parents, caregivers, and their children | [Register Here](#)

Being Your Child’s Best Advocate | Free and Online via Zoom

Date: Wednesday, April 26, 2023 — 12—1 p.m. EDT

Who should participate? Parents and caregivers | [Register Here](#)

Q&A for Parents and Caregivers Raising Children with Disabilities | Free and Online via Zoom

Date: Monday, May 1, 2023 — 12—1 p.m. EDT

Who should participate? Parents and caregivers | [Register Here](#)

All workshops are hosted via Zoom video so participants are able to interact face to face using a computer or mobile device, or they can join by phone. The workshops are informal and flexible so participants can join at any time, even if they can only attend part of the session.

Scan me to register



For more information or to request accommodations or assistance for individuals with disabilities, please contact us by email Training.MCDD@KennedyKrieger.org, or phone at 443-923-9555, or visit MCDD.KennedyKrieger.org. Requests should be made as soon as possible but at least seven days prior to the scheduled meeting.



Maryland Center for Developmental Disabilities
at Kennedy Krieger Institute
Building Partnerships. Changing Lives.