

## Virtual “Lunch & Learn” Series

### For Parents and Caregivers of Children and Young Adults with Disabilities

Join us for our Spring 2022 “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 participants will receive a Zoom link to join the session.

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

Date: Monday, March 21, 2022 — 12—1 p.m. EDT

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

#### **Inspiring Hope Together | Free and Online via Zoom**

Date: Wednesday, March 23, 2022 — 12—1 p.m. EDT

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

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

Date: Monday, March 28, 2022 — 12—1 p.m. EDT

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

#### **Creating a Disability-Friendly Community | Free and Online via Zoom**

Date: Wednesday, March 30, 2022 — 12—1 p.m. EDT

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

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

Date: Monday, April 11 and Wednesday, April 13, 2022 — 12—1 p.m. EDT

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

#### **Fun at Home Together while School is Out | Free and Online via Zoom**

Date: Tuesday, April 12, and Thursday, April 14, 2022 — 12—1 p.m. EDT

Who should participate? Parents, caregivers and their children | [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



the  
parents' place  
of Maryland



Maryland Center for Developmental Disabilities  
at Kennedy Krieger Institute

*Building Partnerships. Changing Lives.*

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