

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

National Child Abuse Prevention Month recognizes the importance of communities working together to help families thrive and prevent child maltreatment.

In appreciation of the essential caring that so many have given to children and families during this pandemic, Fordham University Graduate School of Social Service and New York Foundling are offering the following free Wellness and Self-Care Sessions.

(The sessions will be offered in a webinar format, so no worries if your yoga poses aren't quite ready for primetime.)

Register for the sessions you are interested in individually below:



**MONDAY, APRIL 12,
12:30 – 1 P.M. ET**

GSS Assistant Professor Derek Tice-Brown, Ph.D., MSW, RYT will lead a self-care session of centering, breath-work, and meditation to find equanimity and peace in the middle of the workday.

[Register](#)



**WEDNESDAY, APRIL 21,
12:30 – 1 P.M. ET**

GSS Clinical Associate Professor Dana Marlowe, Ph.D., LCSW will lead a session on self-care and mindfulness to let go of negativity, slow down your thoughts, and help your mind and body to relax.

[Register](#)



**WEDNESDAY, APRIL 28,
12:30 – 1 P.M. ET**

A Namaste faculty member will lead a Restorative Yoga session. This session will relieve stress and provide a space for you to safely let go of your worries and work out the kinks of the day. You'll leave feeling deeply restored, relaxed and refreshed.

[Register](#)