



Join us for a virtual Mom's Retreat!

Illinois STAR NET invites you to a day of rejuvenation, information and connection with other moms like you!

Saturday, March 20, 2021

Join us for free workshops during the day and an evening chat to connect with each other.

Come for one session or come for all!

Who: Illinois Moms, Grandmothers, Foster Moms, and Caregivers of children with special needs

What: Learning and activities to support and celebrate you!

Where: From your own home - on your computer

🔗 [Schedule and Contact Information on the next page](#) 🔗

Register [Here](#)



This event is a statewide STAR NET collaboration

Schedule: March 20, 2021

10:00am-12:00pm ***Following Your Dreams While Raising Your Child
with Special Needs***

With Dr. Mary Susan McConnell

In this workshop, Dr. McConnell will discuss 6 steps that you can take today to begin pursuing your own dreams while also being a full-time caregiver and/or the parent to a child with unique and profound circumstances.

2:00pm-4:00pm ***Self-Empowerment: Healing, Reflecting, and Movement***

With Janie Banks

In this session with yogi, Janie Banks, from Peoria, you will engage in gentle, all levels mindfulness process (yoga), a circle of hope activity as a way to be present in healing, journaling and reflecting, and end with some movement and dancing. It will be a full 2 hours focusing on physical and mental healing, reflecting, and movement.

7:00pm- 9:00pm ***An Evening Chat***

With Sandy Valentine and Marilyn Webster

Join other moms of children with special needs for an informal evening chat over Zoom. Sandy and Marilyn, both family support professionals who have worked with families of children with Autism, and moms themselves, will help facilitate an evening of connection, conversation, joy and laughter. Settle into your favorite comfy chair, relax, and get to know some other moms like yourself.

Questions? Contact your Family Resource Specialist:

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Illinois STAR NET <https://www.starnet.org/>