

# Family Round Table

**Building a Family Voice in the Washington County System of Care**

## **Self-Care**

**Taking Care of Yourself When Life Gets Tough**

**March 28<sup>th</sup>, 2013**

5:30 to 7:30 pm

**VAMHAR Conference Room**

**Capital Plaza Room 352**

Montpelier Vermont.

**Hosted by the VT. Federation of Families  
for Children's Mental Health:  
Joy Prior, Cindy Marshall, & Amy Moore**

**RSVP: Call Amy @ 802-476-1480 Ext 118**

[almoore@vffcmh.org](mailto:almoore@vffcmh.org)

