



## Surviving Parental Burnout

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### Supporting Resilience, Wellbeing and Balance

What if supporting yourself could be just as important  
as supporting your family?

February 26, 2026 6:00 Pm-7:30 Pm

Click the Link Below to Register

<https://us02web.zoom.us/meeting/register/Q6nTBD5kTYumiHnTYiRE2g>

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Washington State  
Health Care Authority

## C.O.P.E Project

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The Center Of Parent Excellence