



St. Lawrence County Public Health Department

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Press Release

Date: 7/28/25

FOR IMMEDIATE RELEASE

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St. Lawrence County Public Health Department Children's Program Hosting a Free Caregiver Self-Care Day

Canton, NY — Our CYSHCN Program is excited to be able to offer a unique event geared towards parents and caregivers of children with special healthcare conditions. Join us for our first ever Caregiver Self-Care Day when we spend the morning focused on reducing the feeling of burnout and highlighting the importance of the mental wellbeing of the caregiver.

Attendees will be given an educational session on the feeling of burnout and be able to participate in several self-care activities all for FREE. Spots are limited to 20 participants so don't wait to register! Scan the QR code on our flyer or use this link to claim your spot:
<https://docs.google.com/forms/d/e/1FAIpQLSekdSpC9uxRisqR9w3WQ2I1UDIPyzfNpl8KwPk3Rxm-6txJpw/viewform?usp=header>

If you have any questions or trouble registering, give us a call at 315-386-2325. We can't wait to see you there!

To learn more about the Children's Program at SLCPHD, please follow this link:

<https://www.stlawco.gov/Departments/PublicHealth/ChildrensPorgrams>

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