

# Senator Tim Kennedy's Single Moms Club & Buffalo Public Schools' Parent Centers

Present

## *Self-Care: Mind, Body, & Soul*

Join Senator Kennedy and Buffalo Public Schools' Parent Centers for our first Single Moms Club event of 2020. We are kicking off our third year with an event that caters to the Mind, Body, and Soul. Come and learn about employment and educational opportunities, join a mindfulness workshop, learn about self-care, flex your artistic skills in a paint night activity, and so much more.

**Thursday**

**February 13, 2020**

**4:30pm to 7:30pm**

East High School Parent Center  
820 Northampton St.  
Buffalo NY 14211

R.S.V.P by calling  
716.826.2683

**Refreshments  
Provided!**

### *Activities for Mom:*

- Jobs, Training, and Education Workshop
- Free shopping experience with Plato's Closet & Clothes Mentor
- Paint Night with Paint the Town
- Make your own Body Scrub & Mindfulness Workshop with Willow's Breeze
- Self-Care First Aid Workshop

### *Thank you to our sponsors:*

BlueCross BlueShield  
WNY Women's Foundation  
Buffalo Public Schools' Parent Centers  
Clothes Mentor  
Plato's Closet

### *Activities for Kids:*

- Face Painting
- Raise-A-Reader
- Cookie Decorating
- Albright Knox Art Truck



**Senator Tim Kennedy**

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