

# Early Intervention Week 2024

## Importance of Self-Care, Stress Management and Life Balance

Presented by  
Nicole Pratt

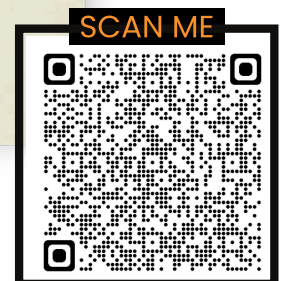
*About:*

Prioritizing self-care and the importance of self-care means to care for oneself with compassion. This session will provide individuals with information and resources to engage in daily self-care practices.

Nicole organizes trainings that educate parents and professionals, including teachers, administrators, and community organizations, on an array of both local and national education and health topics. She has a BA in Psychology and a Masters in Teaching. Nicole sits on several New Jersey State, national, and local parent-leader advisory committees/ boards that support/empower families and children.

Virtual  
Presentation:  
Wednesday,  
May 15th  
at 6 PM

Nicole Pratt  
is the SPAN Parent  
Advocacy Network PTI-  
Co-Director, Training  
Program Director, and  
LEAD Project  
Director



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NJ EARLY  
INTERVENTION  
SYSTEM  
BIRTH TO THREE

