

DEBUNKING SELF-CARE

Stop the “Bubble Bath” Myth — Start Real Self-Preservation



Workshop Details

Date: Thursday, August 20, 2026

Time: 11:00am-1:00pm

Location: Ellsworth Public Library, 388 W Main St, Ellsworth, WI 54011

Cost: CLTS (Children Long-Term Support) funded through Family/Unpaid Caregiver Support service array or Self-Pay Available. Cost of 2-hour workshop is \$200.

Registration: Go to andishallrisellc.com or scan the QR Code to register and pay by Thursday, August 13, 2026

Minimum of 5 participants must be registered for the workshop to continue. Maximum of 12 participants are allowed.



Self-care is not selfish — and it's not one more thing added to your already full plate.

This workshop breaks down what self-care *really* means: **self-preservation**. Learn realistic ways to protect your energy, manage stress, set boundaries, and build sustainable self-care strategies that actually work in real life.

What You'll Walk Away With

- Understanding self-care as **SELF-PRESERVATION**
- Simple grounding and stress-reset tools
- Addressing guilt in setting boundaries
- Practical self-care strategies you can use the same day

Who Should Attend

- Parents/Caregivers/Humans who are told they need “self-care” and want to learn practical day-to-day skills for self-preservation.

Questions: Email admin@andishallrisellc.com

And I Shall Rise, LLC represents the businesses hosting the workshop; MeghanE, LLC, Upward Spiral, LLC and From the Ashes, LLC

