

# Tools for the Journey January 26th and 27th



[rt321wellness.com](http://rt321wellness.com)

## **Jessica Avila, MSW, LICSW**

Jessica Avila, MSW, LICSW, is an experienced Licensed mental health professional and expert in the field of caregiving for children with unique abilities. Her areas of expertise encompass a wide range, including Women's Issues, depression, anxiety, managing the nuances of work-life balance, self-esteem, life transitions, cultural family systems, and the unique challenges of single-mother parenting and parenting a child with unique abilities. Amid her personal journey of overcoming burnout, depression, and the challenges of single motherhood while raising a son with Down syndrome, Jessica embarked on a period of introspection, seeking assistance and healing.

Ms. Avila's voyage of healing from depression and her aspiration to foster an inclusive, equitable mental health environment laid the cornerstone for the birth of Rt 3:21 Wellness – a tribute to Trisomy 21 and the Down syndrome community. In January 2022, she proudly unveiled Rt 3:21 Wellness, a platform devoted to advocating for BIPOC Mental Health Equity.

### **January 27: Thriving into You: How to Navigate Your Mental Wellness and Personal Needs as a Caregiver**

"Thriving Into You" is a unique opportunity to invest in your own well-being, allowing you to be the best version of yourself for your child and your personal growth. Join us for an empowering and insightful workshop that will equip you with practical strategies, a supportive community, and a renewed sense of purpose in your caregiving journey. Whether you're just starting your journey or have been caregiving for years, this workshop provides invaluable insights and strategies to enhance your own well-being while providing the best care for your child.



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