




Coping With Stress

As a parent or caregiver you might often feel stress levels are through the roof and you need  more tools to manage your stress. Parenting young children is a 24/7 job on top of our other responsibilities like work, volunteer, or caring for aging parents.

Join us for a free Parent Workshop on Coping with Stress on Tuesday, June 29th 6:15pm-7:15pm.

Participants will receive a \$20 thank you gift card for attending.

Please email Liz Sheridan: tjparentingacademy@todos-juntos.net to register for this workshop at no cost.

