

Build Your Bounce

3-Night Workshop Series to Grow Your Skills of Resilience!

Mondays, 6:00 - 7:30 PM

Jan 30th, Feb 6th & 13th

In person at CES, Free Childcare Available



Stress can hold you back from providing your family with what they need.

This workshop, through video, conversation, and activities, will help you reflect on your own well-being. Let us help you take action to improve your emotional resilience and get out of “crisis mode.”

Learn to create opportunities for self-care that benefit you and your loved ones!

Facilitated by Joy Lenares, Family Empowerment Facilitator



**Growing
Stronger
Together**

**Register for FREE at:
ColchesterC3.jumbula.com/#/caregiver-programs**