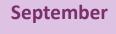


First 5 Calaveras Parent workshops are always FREE to Calaveras families with children 0-17 years old

STRENGTHENING CALAVERAS FAMILIES

Boundary Setting

Facilitated by Devon Shires Reynoso Certified Professional Life Coach



20 & 27

5:30-7:00 PM

 \bigstar

Gain practical tools for effective communication

Learn how to set and stick to boundaries – skills for all ages

Preventing overstimulation and burnout for children with boundary setting



REGISTER ONLINE or visit: <u>first5calaveras.org</u>

Questions?

Contact Rochelle at 209-754-6927 or rsweet@co.calaveras.ca.us

Join your session at: https://us06web.zoom.us/j/87949252718

ONLINE PARENTING COMMUNITY SUPPORT EDUCATION CONNECTION







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