



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

September  
20 & 27  
5:30-7:00 PM

- ★ 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

CLICK TO  REGISTER ONLINE or visit: [first5calaveras.org](http://first5calaveras.org)

**Questions?**

Contact Rochelle at 209-754-6927 or [rsweet@co.calaveras.ca.us](mailto:rsweet@co.calaveras.ca.us)

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

**ONLINE PARENTING COMMUNITY**  
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