



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

**STRENGTHENING CALAVERAS FAMILIES**

**Self-Compassion and Worthiness**

Facilitated by Devon Shires Reynoso  
Certified Professional Life Coach

Wednesday

August 30

5:30-7:30 PM

★ Gain practical tools to reframe thoughts that lead to guilt, shame and lack of self worth

★ Learn how to shape your own thoughts and feelings

★ Help your children learn compassion for themselves as they grow and develop

[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/85786168713>

**ONLINE PARENTING COMMUNITY**  
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Calaveras County  
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