



Friends of the Family[®]
trong Families → Thriving Children → Vibrant Communities

MINDFUL WARRIOR P R O J E C T



FREE 10-session series: **THE WAY OF THE MINDFUL CAREGIVER:** A special workshop for adults & families providing care for relative children (An activity provided by Relative Support Services)

Details available with RSVP

Tuesdays
9:30 AM - 11:30 AM
beginning June 19

Friends of the Family
16861 Parthenia
North Hills, CA 91343

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Learn simple, secular, practical tools to support you in working successfully with children under your care, to connect with yourself & with others, to avoid burnout & compassion-fatigue, to find immediate relief as well as long-term healing of stress &/or trauma, to guide/caregive with sensitivity, creativity, & resiliency.

Come build your strengths to enrich your connection with and quality of care for these young ones.

Free childcare & snacks provided
AND
Backpacks with school supplies ~ while they last

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Course conducted in Spanish and English

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Space is limited - RSVP to Norma Rosales at
(818) 988-4430