



Friends of the Family[®]
Strong Families • Thriving Children • Vibrant Communities



FREE 10-session series: THE WAY OF THE MINDFUL CAREGIVER

A special workshop provided by Relative Support Services
for adults providing care for relative children

on a fairly regular weekly schedule - details available with RSVP

Thursdays
10:30 AM - 12:30 PM
beginning August 17th

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

