

# MINDFUL WARRIOR PROJECT



All relative caregivers in SPA2 are invited to a  
**HOLIDAY SELF-CARE DAY**

★ Friday  
**December 15<sup>th</sup>**

1:00 - 2:00 PM

Friends of the Family  
16861 Parthenia  
North Hills, CA 91343

carve out some much-needed time  
during this busy season  
to enjoy some self-care practices  
while the kids are having fun  
with professional childcare providers

★  
RSVP to:  
Norma Rosales  
818-988-4430

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818.616.2931

