

Making the Connection

Taking Care of...YOU!

As caregivers you dedicate yourselves to making the world of children and their families a better place by being empathetic, giving, warm and nurturing. Now it's time for you. When you take care of yourself, you will be better able to take care of others. Please join us for a relaxing evening to help you learn...

Stress relievers

How to make time for yourself

How to separate business from you personal life

Creative ways to cope

AND....

How to live in the moment!

February 7, 2012

6:30 pm-8:30 pm

2000 24th Street, Bakersfield CA

Room A

Presented by, Rheanna Hilton,

CCCC Program Facilitator

Certificate of completion will be provided

*PLEASE BRING AN EMPTY BINDER TO BEGIN
COMPILING A PROVIDER RESOURCE BINDER*

*Registration required and
begins on January 18, 2012
To register, call (661) 861-5330*

