



Mindfulness & self-care before the holidays

When: Thursday 12/08/22

5:30pm- 6:30pm (English) & 6:30pm-7:30pm (Español)

WHERE: Virtually via Zoom

In partnership with ARUSD and Meyer Elementary School, the Prevention and Early Intervention (PEI) Program welcomes you to join our workshop dedicated to parents and caregivers who would like to learn about mindfulness and hear more on what self-care looks like before and during the holidays. As we all know, holiday season can be filled with mixed emotions but it is also a time to rest, reflect and take care of ourselves!

Who:

For Parents of
Children at ARUSD

Take this opportunity
to learn new skills and
show up for YOU!



Alum Rock Counseling Center
www.alumrockcc.org

Contact: Program Manager
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Join ZOOM:
<https://arUSD-org.zoom.us/j/82952426962?pwd=QXFjVkr3WTFXYmdGb2N6QkpRYTFvQT09>



SCHOOL LINKED SERVICES



COUNTY OF SANTA CLARA
Behavioral Health Services



