



Mt. Diablo Adult Education/Parent Education Program
A Division of the Mt. Diablo Unified School District



From Trauma to Wellness Workshop

"The Process of Healing Within and Getting to Know Yourself"



When: Saturday, December 9, 2023
Saturday, April 13, 2024
8:30am - 12:30pm

Where: Loma Vista Adult Center, Room C4
1266 San Carlos Ave., Concord

This workshop will provide guidance, support, and resources to individuals who have been through a traumatic experience, emotional distress, and other challenges in life to help them improve their quality of life. Instructed by credentialed parent education teacher.

Topics:

- How to overcome challenges in life
- Dealing with illnesses
- Acknowledging yourself
- Coping with daily obstacles
- Wellness techniques and coping statements
- Skills to improve your relationships and communication with others, managing emotions and practice healthy behaviors

FREE for Mt. Diablo School District residents.

If you live outside of the district area, the fee is \$10.00 per class

Registration information:

- You must pre-register to attend class.
- Click [here to register now](#) or click **Register Now** at mdae.mdusd.org/programs/pe.
- Returning students will log in to register. New students will need to create an account.
- No walk-ins or late admittance.

For information, contact the Parent Education Program at
parented@mdusd.org or call (925) 685-7340 ext. 6720
Visit our website mdae.mdusd.org