



Stress during Covid-19?

Mark your calendar and join us for our stress relief group sessions!



Learn how to manage stress, get tips from a mental health professional, and connect with others!

Free - Weekly sessions - Via Zoom - English & Spanish

English

TOPIC: PARENTING DURING THE PANDEMIC

6

Wednesday
4 - 5 pm

8

Friday
12 - 1 pm



Español

TEMA: SIENDO PADRES DURANTE LA PANDEMIA

13

Miercoles
4 - 5 pm

15

Viernes
12 - 1 pm



English

TOPIC: STRESS AND TRAUMA IN CHILDREN AND TEENS

20

Wednesday
4 - 5 pm

22

Friday
12 - 1 pm



Español

TEMA: EL ESTRÉS Y TRAUMA EN NIÑOS Y ADOLESCENTES

27

Miercoles
4 - 5 pm

29

Viernes
12 - 1 pm



GROUPS ARE OPEN
FOR ANYONE OVER
18 YRS OLD

TO REGISTER contact Mariana Cárdenas at:
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