

FREE Workshops for parents and caregivers



SAFE, SECURE & LOVED Resilient Families



WORKSHOP BENEFITS

- 7 weeks of workshops.
- Develop strategies to cope with stress and anxiety.
- Learn habits of resilience.
- Discover tools to support your children to be more resilient.
- Learn more resources.
- Make conscious and loving connections.
- and much more!

FREE childcare during the workshop.

FREE snacks
FREE materials
FREE raffles

WHO IS IT FOR ?

Parents, guardians, pregnant women, caregivers or anyone who is responsible for children from **0 to 3** years of age.

WHEN DOES IT START ?

In person: Every Tuesday
April 22 through **Jun 3, 2025**
@ **FACE Center** 80 W Central Ave, Morgan Hill, CA 95037
6pm-8pm Spanish and English.

Virtual Classes (zoom):

English: Wednesday, **April 23** through **Jun 4, 2025, 6pm-8pm**
Spanish: Thursday, **April 24** through **Jun 5, 2025, 6pm-8pm**

For more information:
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