

Stress Awareness

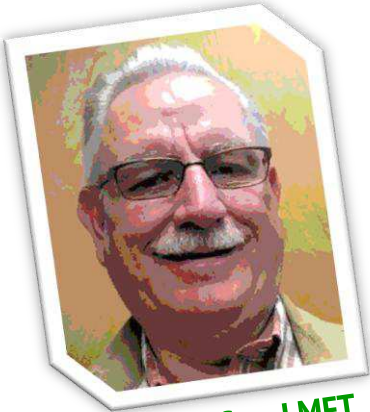
Moving from Distress to Wellbeing

Presented by
Arden Carr, LMFT

Tuesday, December 5th

5:30 - 7:30pm

at the
Siskiyou Child Care Center
152 Boles Street in Weed



Arden Carr, LMFT

Our facilitator, Arden Carr, is a
Licensed Marriage and Family Therapist
with over 40 years of experience in
working with children, teens and families.
License Number MFC 27069

To register, please call 938 -9914.



Join Arden Carr for an informative and interactive class
for parents, caregivers, and individuals!

Learn how to use your attention to shift from distress to wellbeing and
foster self-awareness, emotional resilience, and stress reduction skills
in yourself, your children and others!

Delicious dinner and child care are provided! This class is FREE.

