

PRESENTED IN SPANISH

How to Cope with

STRESS



Facilitated by
Monica Quintero

Families are susceptible to the increasing pressures of everyday life. By taking small, manageable steps toward a healthier lifestyle, families can work toward their goals of being physically and psychologically fit. Children model their parents' behaviors, including those related to stress management.

In this class, parents will learn how to cope with stress in positive ways and promote better adaptation and formation of habits and skills towards a healthier lifestyle. With this class, parents will learn to evaluate their lifestyle and model healthy behaviors for their children with a healthy living practice and good management techniques to control or reduce the negative effects of stress.

Thursday, January 25th

10:00am–12:00pm

Register [online](#) or call 530.667.2147
to register by phone.

Location: Early Head Start Building
765 Main Street, Tulelake

A family lunch and child care are included. No cost to participants.

Monica Quintero is a Home Visitor for Shasta Head Start and has over 13 years of professional experience in providing services for children and families and as an English/Spanish translator. She earned a Bachelor of Arts degree from Southern Oregon University.

