

WE INVITE YOU TO JOIN US AND

MAKE YOUR RESOLUTIONS HAPPEN!

3 TUESDAYS | 5:30 - 7:30PM

FEBRUARY 4, 11, & 18

Grace Community Presbyterian Church
1090 N. Davis Street, Weed

CO-FACILITATED BY

Monica Quintero & Carla Charraga

Early Childhood Educator
Home Visitor, Shasta Head Start
English/Spanish Translator

Early Childhood Educator
Executive Director, SDV&CC
English/Spanish Translator

Achieving your new resolutions can be complicated and overwhelming; every year we have 365 blank pages to fill in with opportunities to be the best version of ourselves. In the first class, you will learn how to make time for yourself applying mindfulness, and learn tips about how to reach your goals and not give up in the process. In the second class, you will learn how to step out and becoming the writer of your own life by using meditation and self-care strategies. In the last session, you will create your vision board, visualizing your dreams, goals and visions for a new year, a new chapter, a new story and a new a better you!

Register here,
or call
530.918.7222
to sign-up over
the phone.

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

