## PATHWAYS TO RESILIENCE



Sara Bazan MA, MFT

## Join the Resilience Movement

Parents, therapists, teachers and caring adults who want to help children thrive

Learn skills and tools to be more effective in managing children's impulsivity, aggression or withdrawal to video games.

Be part of a nurturing community where you can get nourished and inspired to continue to do the important work of raising our children: The Future.

Learn techniques that will help you avoid burn out, improve your ability to maintain calm and feel more effective.

Free for all providers in the Children's System of care, just email address below to confirm attendance and you will be added to the will call list.

November 4, 2017 1:00 to 4:00 pm The Healing Hub 121 S. Hope Ave. D111B La Cumbre Plaza RSVP to Resiliencestar@gmail.com

## FOR MORE INFORMATION:

805-403-0270 | Resiliencestar@gmail.com |