



1-2-3 Wellness™

This Powerful Wellness Opportunity is FREE to All Parents thanks to generous sponsorship by EDCOE's Foster Youth Services Coordinating Program.

Are you a **parent or caregiver** in El Dorado? In this interactive Zoom workshop experience, you will learn powerful tools to support you and your child in developing more well-being. More calm. More connection.

- ⇒ Learn **powerful self-care tools**
- ⇒ Learn how to **process stress in healthy ways**
- ⇒ Empower yourself with **daily healthy habits**
- ⇒ **Enjoy and share the benefits** of well-being with your children

**Thursday, September 15th 2022:
Your Wellness Foundation**

**Thursday, September 22nd 2022:
Stress Reduction, Processing Emotions in Healthy Ways**

**Thursday, October 6th, 2022:
Self-Compassion, Trauma-Informed Lens & Self-Care Plans**

*For your convenience, each session will be held three times on the dates above
(You can choose whichever time is best for you)
From 9-11am, 3-5pm OR 6-8pm*

[Click HERE to REGISTER](#)

*Ideally, you will be able to attend one session per day to reap all the benefits.
We know you're busy, so you're invited to attend as many (or as few) sessions as you'd like.*