



Family Engagement & Empowerment 2021 Workshops

Where: On Zoom

WORKSHOP #1 - What Is Stress And How To Cope With It
Friday, March 26, 2021
2:30pm – 4:00pm

WORKSHOP #2 - Communication Skills
Friday, June 4, 2021
2:30pm – 4:00pm

WORKSHOP #3 - What Is Self-Esteem?
Friday, September 3, 2021
2:30pm – 4:00pm

WORKSHOP #4 - Vision Boards
Friday, December 10, 2021
2:30pm – 4:00pm

**RSVP to Cyndie Gilliam @ (619)460-3400 ext 210
Hope to see you there!!**