



Unified School District

Healthy Body. Healthy Learning. Healthy Mind.

Family Wellness Virtual Series

Self Care for Parents

Supporting Student Wellness

All students will have an equitable opportunity to learn in a culturally responsive, physically, and emotionally healthy and safe environment.



Family & Community Engagement

All students will benefit from programs and services designed to inform and involve family and community partners.



Self care is important and not always easy to do as a busy parent. Come learn how to take care of yourself, so you can better take care of your children.

Via Zoom

Wednesday, September 30, 2020

6:00 p.m. - 7:15 p.m.

Register Here: <https://www.eventbrite.com/e/117469910665>

Or

Repeat Session

Via Zoom

Wednesday, October 21, 2020

6:00 p.m. - 7:15 p.m.

Register Here: <https://www.eventbrite.com/e/117586188455>

*A confirmation page with the Zoom link will be sent a day before the event to all who register on Eventbrite.

If you have any questions please contact the FACE office at (916) 831-5530