

# Stress Management The Importance of Taking Care of Yourself

When: Tuesday October 6<sup>th</sup>

Time: 6:00pm-7:00pm

Where: Via Zoom

Who: Parents of Preschool Children

Topics discussed

- \* What is stress
- \* Strategies
- \* Signs of Stress
- \* Care
- \* Causes
- \* What to avoid

For questions contact the Family  
and Community Engagement  
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