

FREE TRAINING

ADVOCACY AND SELFCARE

PARENTS AND
CAREGIVERS

28 APRIL 2019

2:00 – 5:30



Free Childcare

Free Snacks

Redding Pilgrim Congregational Church, UCC

2850 Foothill Blvd, Redding, CA 96001

For registration:
capadoptfam.org/events

Questions?
Email: lstillmunkes@yahoo.com

2:00 – Registration and
Check-in

2:30 – Navigating the
Mental Health System

4:45 – Compassion
Fatigue and Self Care;
Time to Take Care of you!



LEGAL SERVICES
of
NORTHERN CALIFORNIA