

PRESENTS

Growing Family Resilience

A Three Part Series

Wednesdays Weekly
September 9, 16, and 23, 2020

5:00 p.m. – 7:00 p.m.

The Growing Family Resilience Series combines knowledge about navigating stress with practices that can be used at any time to support our sense of calm, groundedness, and empowerment.

Join us each week for this FREE class as we will build upon the skills and practice reducing our stress levels together. All sessions will be recorded to be accessed at your convenience in case you miss one.

Register: <https://www.milestones.org/services/ohio-family-network/register-for-an-event>

PRESENTED BY:

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