



Stress Management or How to Be at Your Best for Youth in Care

Title IV-E Trainings provided in partnership with Chabot-Los Positas Community College District

February 15, 2020

11:00 AM–1:00 PM

**Aldea Treatment
Foster Care & Adoptions**
470 Chadbourne Rd., Ste. F
Fairfield, CA 94534
707-557-4560

**RSVP REQUIRED BY:
Wednesday before training**

For more information or to RSVP, please contact Adriana Villanueva: avillanueva@aldeainc.org
707-557-4560 ext. 100



- ▶ Training Content: This training will help participants understand what stress is, its causes, techniques to combat its effects (physically/mentally), and when to seek professional support in order to be at one's best when serving youth in care.

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