



## Summer Parenting Support Workshops 2021 facilitated in Spanish

We invite you to participate this summer in a series of virtual workshops for parents-caregivers. Below are the different workshop topics that will provide tools to improve our skills and family dynamics.

THURSDAY - June 17

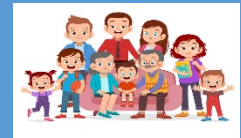
6 to 7:30 pm



**Our role as parents, stress and how to take care of ourselves**

THURSDAY - June 24

6 to 7:30 pm



**Improving communication**

THURSDAY - July 8

6 to 7:30 pm

**Focusing on the value of lessons from our lived experience**

THURSDAY - July 22

6 to 7:30 pm

**The bereavement caused by the pandemic**

THURSDAY – August 5

6 to 7:30 pm



**Self-care ideas to strengthen resilience**

THURSDAY - August 19

6 a 7:30 pm



**Releasing stress**

To register and for more information call Maria Tenorio at 503-846-3633. Please leave a message  
Or email [Maria\\_tenorio@co.washington.or.us](mailto:Maria_tenorio@co.washington.or.us)

