



Free Parent Workshop!

Topic: “Stress Management Tips for Surviving the Holidays”

Date: Tuesday, December 15th

Time: 5:30-6:30 pm

JOIN ZOOM MEETING

<https://lacoedu.zoom.us/j/81359602718?pwd=N1ZXdTbkV3QyK1JjZ3V2MlBWenhtDz09>

MEETING ID: 813 5960 2718

PASSCODE: 924610

FOR QUESTIONS: YAMILET PANDURO, EDUCATIONAL COMMUNITY WORKER,
BELLFLOWER HIGH SCHOOL

EMAIL: yamiletpanduro@busd.k12.ca.us



¡Taller Gratis Para Padres!

Tema: “Consejos para el manejo del estrés para sobrevivir las dias festivos”

Fecha: Martes 15 de Diciembre

Hora: 5:30-6:30

Enlace para Zoom:

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PARA PREGUNTAS: YAMILET PANDURO, TRABAJADORA COMUNITARIA EDUCATIVA, BELLFLOWER HIGH SCHOOL

EMAIL: yamiletpanduro@busd.k12.ca.us