



Funding provided by a
Calaveras County
Behavioral Health Services
Prop 63 Mental Health
Services Act grant

JOIN OUR LEARNING COMMUNITY

“Blow Away” Blow-Outs!

Learn what it means, and how to respond, when you
or your child are having big feelings.

- Understanding “Fight/Flight/Freeze” response
- The brain – body connection to threats and feelings
- How to tame rather than enflame big feelings

Wednesday, October 2, 2019

5:30 – 7:15 p.m.

Calaveras County Office of Education

185 S. Main St. Angels Camp, Ca.

Free dinner and childcare (ages 3-12 years). Certificates of completion available.

Please register for classes & childcare:

By phone: Joyce Peek 209.754.6916 - or - REGISTER ONLINE on our website

first5calaveras.org

The Five Protective Factors are the foundation of the Strengthening Families™ approach.



Resilience



Relationships



Knowledge



Support



Communication