

HELP YOUR CHILD MANAGE STRESS!

2018-2019

Set Your Child Up For Success!



Our teens are under increased pressure to take advanced classes, participate in club sports and leaderships activities at an increasing rate. How can we help them to manage that level of stress while still finding joy in their world? Join us for practical ideas to help guide them through it all.

Thursday: 3/28 from 6:00-8:00 p.m.
Del Norte High School
16601 Nighthawk Lane San Diego, CA

***Register online TODAY at**
www.powayadulthood.com.

Class is \$16/individual or \$27/couple.

Scholarships available upon request,
please contact the Caring Connections
Center at (858) 668-4084.

Sorry, no refunds.



For more information:
www.powayadulthood.com