

General Admission \$10

Child Care Provider

Wellness & Appreciation Day

Saturday May 4. 9am-2pm

Robert Cabral Agriculture Center
2101 East Earhart Avenue Stockton, CA 95206

**Child Care Providers–this day is for YOU!
Receive tools and resources to support your
mental health and well-being!**

Child Care Providers play a vital role in shaping the lives of our little ones, and this event aims to honor their dedication and hard work. Exciting speakers, wellness experts, and activities planned to promote their wellness and self-care.

Throughout the day, attendees can participate in rejuvenating activities, mindfulness exercises, and gain tools and resources from renowned experts.

The day will focus on stress management, mental health, and overall well-being, ensuring Child Care Providers feel supported and valued.



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Admisión General \$10

Día de Bienestar y Agradecimiento

para los Proveedores de Cuidado Infantil

Sábado 4 de Mayo. 9am-2pm

Robert Cabral Agriculture Center
2101 East Earhart Avenue Stockton, CA 95206

¡Proveedores de Cuidado Infantil este día es para ti! ¡Recibe información y recursos para apoyar tu salud mental y tu bienestar!

Los proveedores de cuidado infantil desempeñan un papel vital en las vidas de nuestros pequeños y este evento tiene como objetivo honrar tu dedicación y tus esfuerzos. Exitantes oradores, expertos en bienestar y actividades planificadas para promover tu bienestar y autocuidado.

A lo largo del día, los asistentes podrán participar

en actividades rejuvenecedoras, ejercicios de atención plena y obtener información y recursos de expertos de renombre.

El día centrará en el manejo del estrés, la salud mental y el bienestar general, asegurando que los proveedores de cuidado infantil se sientan apoyados y valorados.



Regístrese
en eventbrite

*Este evento se
presentará en inglés
solamente.



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For Immediate Release

Family Resource Center
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Family Resource Center Receives Funding from San Joaquin Community Foundation to Support Local Child Care Providers.

Family Resource Center, through the Foundation's Community Health Fund, will host its first Child Care Provider Wellness Event to equip Providers with the tools and support needed to prioritize their mental and physical health.

January 31, 2024 (Stockton, CA) Family Resource Center (FRC) received a grant award in the amount of \$20,000 from the San Joaquin Community Foundation's Community Health Fund to host its first Wellness Event, Saturday, May 4th, 2024. The event is expected to draw in over 500 local San Joaquin County Child Care Providers and will be held at the Robert Cabral Agricultural Center.

Research conducted by Yale School of Medicine (Oct. 2022), indicates that Child Care professionals have increased rates of depression and stress. As self-employed business owners, Family Child Care Home Providers are not offered job-based health coverage. Many Providers report delaying or not getting the care they need, often due to costs. By attending the Child Care Provider Wellness Event attendees will increase their awareness of strategies they can use to help cope with day-to-day stressors and gain knowledge of community resources and information that will help them with their overall health and wellness.

The Wellness & Appreciation event will include inspiring keynote speaker, Brandon Leake, and an expert presenter, Dr. Linda McGhee, a practicing Clinical Psychologist who speaks and writes nationally on mental health, race, and education. The event will also include a panel of local health and wellness professionals, and allow time for Child Care Providers to connect with one another—building systems of support. An appreciation breakfast and lunch will be part of the day's event.

"Our Child Care Providers deserve a day dedicated to their needs. They're on the frontlines each day—nurturing and caring for children and families. It's critical that we support the wellness needs of our Providers," says COO, Leslie Reece, an AMFT. The event takes place the same week as National Child Care Provider Appreciation Day, a special day in the year to recognize and celebrate the tireless efforts of Providers who care for children.

"We thank the Foundation for its continued support of our mission," says Rebecca Ray, Director of Community Relations & Development. "It takes all of us— if our Child Care Providers are not supported, then who will care for the kids? We're honored we can host this event just for them."

To learn more about the Provider Wellness & Appreciation Day Event visit: <https://frcsj.org/provider-wellness-appreciation-day/>

About Family Resource Center: Family Resource Center is committed to the health and well-being of children in San Joaquin County, and the adults who care for them. Serving the community since 1980, our mission is to provide resources to parents and childcare providers to encourage healthy growth for the children in their care. We do that by providing advocacy, information, education, nutritional support, training, and childcare services – directly and by financially supporting community childcare providers – so that every child, and parent, has access to safe and stimulating care outside the home. Through the provision of the county’s 2-1-1 system, housed and administered by Family Resource Services, we offer new and current residents referral and access to information about child care, nutritional services and other programs available in San Joaquin County that support broader community health.

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