

Family Café



"Self-care is giving the world the BEST of you, instead of what's LEFT of you."



SAN JOAQUIN COUNTY
OFFICE OF EDUCATION

CREATING COMMUNITY THROUGH CONNECTION

Families of children with disabilities, we invite you to come together for a Family Café gathering. Highlights include:

Coffee and breakfast

FREE childcare

Resource vendors

Self-care strategies

Connecting with other families

A Parent Voice presentation

Building Resilience through Stress-Coping Strategies

Explore strategies and approaches to reduce stress and welcome healthy daily living practices. Together we will practice mindfulness and other stress-reducing practices.

Participants will leave with a wellness resource.

FREE In-Person Event

Saturday,
January 21, 2023
9:00 am - 12:00 pm

Wentworth Education Center
Chartville 2
2707 Transworld Dr.
Stockton, CA 95206

For more information,
please contact:
Katy Downs-Stroh at
(209) 468-5983 or
kdownsstroh@sjcoe.net



Each family will receive a self-care resource for attending.
Please register at: <https://conta.cc/3RQ4bg2>

Beginning Together.... moving inclusive experiences for young children with disabilities or other special needs and their families from theory into practice.