



Kwentuhan

How are you doing? Did you lose your job or your work hours reduced? Still at home worried about this pandemic? Are you stressed? Let's get together, share our stories, worries and laughter. Let's support each other, learn yoga to help us relax and have peace of mind.

Join our Peer Support Group on

Sunday, February 28, 2021

March 14 and 28, 2021

@1:00 -3:00PM

This is a series of participatory webinar workshops where participants will have the opportunity to participate in the discussion, ask questions, and share ideas

*Attendees will receive \$20.00 for lunch subsidy

Please register: caregiverconnections@gmail.com

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website: www.cceso.org.