



# PARENT WORKSHOP

**DATE: 10/12/23 11-12PM**

## A ZOOM WORKSHOP:

The CUSD Family Resource Center in collaboration with Western Youth Services, will be presenting a workshop to discuss the “Basics of Mindfulness.”

Presenter from Western Youth Services;

- Chivonne Carter, LCSW
- Meeting ID: 941 7044 6271
- Passcode: 300003



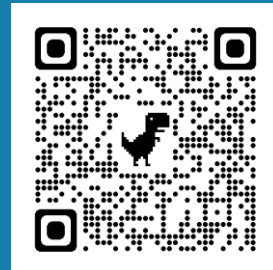
**ZOOM Workshop  
Please Join US!**

**Learn about the  
Concept of  
Mindfulness.**

**Learn The Benefits of  
Mindfulness**

**Don't Miss This  
Important Event !!**

**Please SCAN Below**



**CUSD**

Family Resource  
Center

Please Contact Sonia Moser

CUSD FRC Liaison

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