



"FREE YOUR MIND"

Stress Management Training for Women

July 6th and July 13th, 2022

5-7pm

University Area Community Center

14013 N 22nd Street, Tampa, FL 33613

Eligibility criteria: Caregivers of children from birth to 8 years of age in Hillsborough County

Contact: Michele Rivera, 813-712-6316

Email: mriviera@reachupincorporated.org

Light Refreshments will be provided

REACHUP
where there's a will, we are the way


**UNIVERSITY
AREA CDC**
Let's grow together!

Funding generously provided by:


**Children's Board
HILLSBOROUGH COUNTY**
www.ChildrensBoard.org

"FREE YOUR MIND"



Stress Management Training for Men

July 20th and July 27th, 2022

5-7pm

University Area Community Center

14013 N 22nd Street, Tampa, FL 33613

Eligibility criteria: Caregivers of children from birth to 8 years of age in Hillsborough County

Contact: Michele Rivera, 813-712-6316

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