

IT'S OK TO NOT BE OK

Self-care & Support for Ourselves and Those We Serve



THURSDAYS
MARCH 4TH & 11TH
6:00 TO 7:30PM

This free virtual training, presented by Dr. Amy Stoeber, will look at understanding how stress and trauma presents in young children and their families. Participants will learn realistic strategies for supporting those most in need and why taking care of ourselves is a critical piece of this process.

[Click Here to Register Online!](#)

Questions? Call Karen Rush @ 503-655-7725