

RESILIENT FAMILIES GILROY

Mother's Well

CLASSES FOR MOTHERS OF TEENAGE & YOUNG ADULT CHILDREN

Get support to navigate through this difficult
time of global uncertainty

Understand the teenage brain (up to 25 years) and
how to empower your child

Get tips on how to manage stress for yourself
and in your family

Share your experiences on how to grow into the
next chapter of your motherhood journey

FREE ONLINE
ZOOM CLASSES
STARTING
09/23/20

WEDNESDAYS
6:00-7:30 PM

FOR MORE INFO & TO
REGISTER EMAIL
RESILIENTFAMILIES
GILROY@GMAIL.COM OR
CALL 408-709-4401