



PARENTS & CAREGIVERS

If you are a concerned parent, grandparent, caregiver OR simply a community member who has been affected by trauma, gangs, addiction and desire to heal holistically together as a community.



YOU'RE NOT ALONE

We are here to let you KNOW you are NOT alone. JOIN US and learn various ways to restore your mind, body and soul! Discover positive outlets to help relieve stress and anxiety .



JOIN US FOR:

- Tools & Resources for raising healthy & hope-filled kids
- FREE snacks
- Raffle Prizes
- Swag Bags
- And more goodies for attendees!



All caregivers, parents and grandparents welcome - PLEASE CALL to register

JOIN US EVERY TUESDAY & THURSDAY 5:20 - 6:50 PM

Call (916) 388-9418 or Email - bchamplaie@acacsac.org