



Attention AJ Rickoff Families:
Join us for our in-person

Family Engagement Workshop

What's on your plate?: Managing Stress

- *Explore current stressors
- *Create a self-care plan
- *Practice mindfulness exercises

Thursday, Oct. 14th at 3:00p.m.

3500 E. 147th Street



For more info please contact Ms. Flowers 216-394-3012