



El Camino College

Foster & Kinship Care Education

Stress Reduction and Self-Esteem Workshop



Learn the importance of reducing stress and maintaining healthy self-esteem in order to care for your children

Saturday, January 20

9 a.m – 1 p.m.

Stadium Room

(2nd floor of the Bookstore building)



To enroll in this class, please call
310-660-3593, ext. 3585
or email our office at
fostercare55@elcamino.edu.



www.elcamino.edu

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