



# TOOLS FOR SELF-CARE

*Stress, trauma or grief are tough to manage. This workshop will introduce you to tools that can help you move through and beyond challenging times.*

**Wednesday, May 8, 6-8pm**  
**1035 Placer St.**  
**Diestlehorst Room, 3rd Floor**

Please RSVP: [rdgselfcareworkshop.eventbrite.com](https://rdgselfcareworkshop.eventbrite.com)



Shasta Community Health Center  
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Shasta County  
Health & Human  
Services Agency