



FRANK D. LANTERMAN
REGIONAL CENTER

Parent Education Series



CHILD DEVELOPMENT
INSTITUTE
www.cdikids.org

Stress Management and Self-Care

September 14th – 3:30pm-5:30pm

Learn about the impact of stress and explore helpful techniques to calm your body and mind.

[Click Here to Register
for this Virtual Meeting](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

*For Questions, please contact Paola Coronado at (213) 252-8348 or email PCoronado@LANTERMAN.ORG

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