



PRESENTED BY CLAREMONT
PRESBYTARIAN CHURCH

De - Stress Drop In

When: OCT. 10 & NOV. 7

Where: Youth Activity Center

1717 N. Indian Hill Blvd.

Time: 3:15 p.m.-4:30 p.m.



**A FUN
INTERACTIVE
WAY TO LEARN
HOW TO
MANAGE
STRESS
THROUGH
MINDFUL
TECHNIQUES,
GUIDED
PRACTICES,
AND OTHER
CALMING
PRACTICES.**

