

RSVP: (559) 515-6062 or [alejandra@vmsfamilycs.com](mailto:alejandra@vmsfamilycs.com)

# TRAINING

## July 2024

In person training

**July 6th****Apoyando a las familias biológicas (ISFC)**  
9AM - 12PM (En persona- Español)**July 8th****Supporting Biological Families (ISFC)**  
5PM - 8PM (In person - English)**July 11th****Taking Care of Yourself**  
10AM - 12AM (In person - English)**July 12th****Coffee Connections**  
10AM - 11:30 AM (In person - English)**July 19th****Conexiones de café**  
10AM - 11:30 AM (En persona- Español)**July 20th****Cuidando de Usted Mismo**  
10AM - 12PM (En persona- Español)**July 25th****Mindfulness**  
10AM - 12PM (In person - English)**July 30th****Support Group**  
3PM - 4PM (In person - English)

Please RSVP by 5:00 PM the day before the  
Training

Favor de Confirmar su asistencia antes de las 5:00  
p.m. del día anterior a la capacitación.