Self Care is NOT Selfish:  
It is Essential for Early Childhood Professionals

How do you care for yourself while caring for children? 
Do you want to find that smile or joy again in your work life?

This workshop will offer techniques for dealing with everyday stress, tension, or anxiety before burnout gets in the way of daily interactions with young children.

1) Register at DHS Training Registry
2) Submit $15 payment to the Fremont County Extension, 610 Clay Street, Box 420, Sidney, IA 51652 by 3.22.19

Questions? Call 712.374.2351

Thursday 3.28.18
IWCC, 1001 W. Sheridan Ave. Shenandoah 
6:30 pm - 8:00 pm

Thank you to our sponsors!
Fremont County Extension
Page County Extension

The fees for service will be used to off-set direct expenses and to support the Human Sciences County Extension Program.

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