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# CCEIS Family Wellness Workshop

Comprehensive Coordinated Early Intervening Services



Learn More about CCEIS  
<https://www.sfusd.edu/CCEIS>



Learn relaxation  
and stress relief  
strategies with  
Ashley Blanco

Wednesday, March 1, 2023  
5:30 pm - 7:00 pm  
at Leola Havard  
1520 Oakdale Ave,  
San Francisco, CA 94124

## Description:

You cannot pour from an empty cup. Attending this workshop will offer you a range of strategies and techniques for self-care, so that you can fill your cup, and show up as your "best self" for your family.

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