
**IMPACT-SPC, A RESILIENT
ARIZONA PROVIDER, PRESENTS**

TIPS TO HANDLE PANDEMIC STRESS

FREE Online Workshop | January 2021



**Friday, January 22
12PM-1PM**

Learn how stress is affecting you, tips to manage and reduce your stress, and additional resources available to help.

**CLICK TO
REGISTER**



Got Questions? Need Assistance Registering?

Contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org.

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