



A FREE CAPS PARENTING EDUCATION CLASS

Mind Matters: Overcoming Adversity & Building Resiliency

People experiencing ongoing stress or prior trauma often have difficulty regulating their emotional responses when facing challenges in school and work, life and relationships.

Register online at
www.capsosalina.org/parenting-classes/

Pre-registration required for free childcare,
available for children 12 and under.

Mondays 6:00-8:00 pm
Feb. 27- April 24

155 N. Oakdale Ave.,
Suite 200
Salina, KS 67401

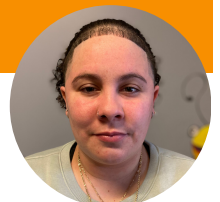
By learning the skills and strategies in Mind Matters, teens can begin to take charge of themselves and their responses to what life throws at them.



Ingrid Pohl, MS



Katy Vinson, BS
CAPS Parent
Education Partners



Adri Barrientez, BA
Family Mentor



CHILD ADVOCACY & PARENTING SERVICES, INC.

Contact us at 785-825-4493 or visit our website at capsosalina.org to learn more.

