



MAGNOLIA PARK FAMILY RESOURCE CENTER
11402 MAGNOLIA ST.
GARDEN GROVE, CA 92841

WAYS TO MANAGE YOUR STRESS: COPING SKILLS GROUP

Classes are FREE!

AGES 11-12

Time: 4:30pm-5:30pm

Topics Include:

Week 1: Intro & Coping Skills

Week 2: Peer Pressure

**Week 3: Pressure To Succeed
Academically**

Week 4: Parental Pressure

Week 5: Grief and Loss

Week 6: Setting Goals

Dates :

Tuesday February 11,2020

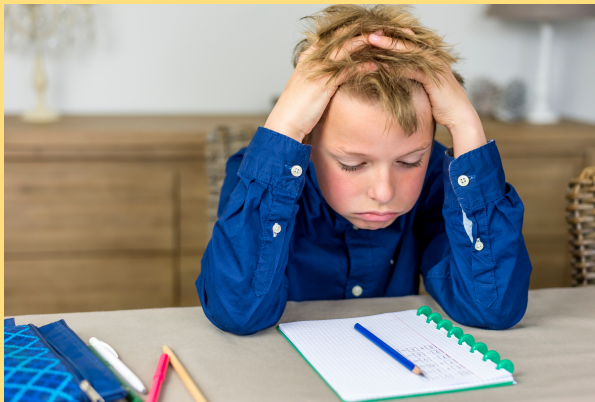
Tuesday February 18,2020

Tuesday February 25,2020

Tuesday March 3, 2020

Tuesday March 10,2020

Tuesday March 17, 2020



This group will meet Tuesdays for six weeks. Please arrive at 4:00pm on the first day of group (02/11/20) to complete required paperwork.

**PRE-REGISTRATION IS REQUIRED. TO REGISTER OR FOR
ADDITIONAL INFORMATION PLEASE CALL (714) 530-7413**



Programs and services at the Magnolia Park Family Resource Center are funded in part through Families and Communities Together (FaCT). FaCT receives funding from federal, state, and county agencies including U.S. Department of Health and Human Services-Promoting Safe and Stable Families, Office of Child Abuse Prevention, California Emergency Management Agency, the County of Orange as well as volunteer, in-kind support and private donations. FaCT is a program administered by the County of Orange Social Services Agency, in partnership with the FaCT Coalition of Charitable Ventures of Orange County, The Olin Group, and the Orange County Alliance for Children and Families.



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MANERAS DE ADMINISTRAR TU ESTRÉS: GRUPO DE HABILIDADES DE AFRONTAMIENTO

Clases son GRATIS! Edades 11 a 12 años Horario:
4:30pm-5:30pm

Los temas incluyen:

**Semana 1: Introducción de habilidades y
afrentamiento**

Semana 2: Presión de grupo

**Semana 3: Presión para triunfar
académicamente**

Semana 4: Presión de los padres

Semana 5: Pena y pérdida

Semana 6: Establecer metas

Fechas:

Martes, 11 de Febrero 2020

Martes, 18 de Febrero 2020

Martes, 25 de Febrero 2020

Martes, 3 de Marzo 2020

Martes, 10 de Marzo 2020

Martes, 17 de Marzo 2020



Este grupo se reunirá los martes por seis semanas. Por favor de llegar a las 4:00 pm el primer día del grupo (02/11/20) para completar la documentación requerida.

PARA MÁS INFORMACIÓN O PARA INSCRIBIR A SU NIÑO/A.
FAVOR DE LLAMAR A (714) 530-7413



Los programas y servicios del Centro De Recursos Familiares de Magnolia Park son pagados en parte a través de Families and Communities Together (FaCT). FaCT recibe fondos de agencias federales, estatales, del condado, incluyendo el Departamento Estadounidense De Salud Y Servicios Humanos-Promoviendo Familias Seguras Y Estables, la Oficina De Prevención De Abuso Infantil, la Agencia Administrativa De Emergencias De California, el Condado De Orange, al igual que apoyo voluntario y donaciones privadas. FaCT es un programa administrado por el Condado De Orange a través de la Agencia De Servicios Sociales, en colaboración con FaCT Coalition y Charitable Ventures of Orange County, The Olin Group, y Orange County Alliance for Children and Families.