



BrightLife Kids
A CalHOPE program by Brightline

ENGLISH WORKSHOP

ABC's of Managing Back to School Stress

Saturday, August 23, 2025

10:00 AM – 12:00 PM

In-person workshop

**Registration is required*

Join us to explore how to support children through stress, anxiety, and worry during the school transition.

This session is open to all families, child care providers, and community members.



**Don't miss the raffle prize drawing
at the end of the workshop!**

**Register
Today!**



For questions, please contact
familyresources@cdasd.org

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