## YOUTH TRAINING

Self Care

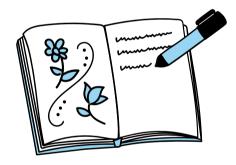
Sunday, October 27th from 2-3:30pm

CODSN Office 2525 NE Twin Knolls Rd. Bend, OR 97701

Youth between the ages 14-26 will learn about:



Different types of self care



Journaling and grounding exercises



Chair yoga



PRESENTED BY:

Abbie Rexroad



**Network** 

Register Here!



Interpretation available with 72 hours notice. Contact info@codsn.org or call 541-548-8559 with questions.