

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

Register Here!

