



Caregiver Connections: Micro Moves, Major Change

A Virtual Workshop for Child Care Providers in El Dorado and Alpine County

In this 90-minute workshop, we'll explore ways that will help set us up to thrive and not just survive our everyday. We will share practical grounding techniques along with micro strategies to help you feel motivated and capable of transforming your days. You deserve to design and nurture the healthiest version of yourself.



Tuesday, June 30, 2026

6:00pm-7:30pm

This training will be facilitated in English

All participants will be entered into our
Blind Date with a Book Raffle!



Scan the QR code to RSVP or contact:
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Join the conversation and connect with other caregivers!