

Work Life Balance



**For ECE professionals and
Family Support Roles**

You will learn...

- The **meaning of** the term, **“work-life balance”**
- How to **identify signs of burn-out**
 - How to explore the development of individual **stress relief strategies** that they can use

When...

**THURSDAY, OCT 7, 2021
6:30 PM - 8 PM**

Where...

VIRTUAL ZOOM MEETING

Register in advance for this meeting:

https://us02web.zoom.us/join/zoom-join?meeting=Zcqc-CgqjgEtR1L30XM0a26lvYmH_M4csp

**For more information contact: Blanca Parra
650-517-1446 or bparra@sanmateo4cs.org**

**Scan to
Register**

