

CALDOR FIRE SUPPORT GROUP

**SUPPORT, EDUCATION, & RESOURCES FOR
THOSE AFFECTED OR DISPLACED IN ANY WAY
BY THE CALDOR FIRE**

**JOIN US EVERY WEDNESDAY FROM 11AM-12PM
STARTING JULY 13TH - AUGUST 17TH
ON ZOOM OR BY TELEPHONE**

THIS GROUP HELPS YOU:

- IDENTIFY HOW TRAUMA/STRESS AFFECTS THE BRAIN & BODY
 - SELF-CARE
 - WHERE & HOW TO SEEK PROFESSIONAL THERAPEUTIC HELP
 - RESTORING HEALTH & BUILDING BACK (LITERALLY AND FIGUARTIVELY!)
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El Dorado Community
Foundation 

CONTACT US:

CALL: 530-344-4877 OR

EMAIL: MIA@NEWMORNINGYFS.ORG