

Stress during Covid-19?



Mark your calendar and join us for our stress relief group sessions!

January



EL PASO
CHILD
GUIDANCE
CENTER

Providing quality child and family mental health care since 1954.

Learn how to manage stress, get tips from a mental health professional, and connect with others!

Free - Weekly sessions - Via Zoom - English & Spanish

English

TOPIC: PARENTING DURING THE PANDEMIC

6

Wednesday
4 - 5 pm

8

Friday
12 - 1 pm



Español

TEMA: SIENDO PADRES DURANTE LA PANDEMIA

13

Miercoles
4 - 5 pm

15

Viernes
12 - 1 pm



English

TOPIC: STRESS AND TRAUMA IN CHILDREN AND TEENS

20

Wednesday
4 - 5 pm

22

Friday
12 - 1 pm



Español

TEMA: EL ESTRÉS Y TRAUMA EN NIÑOS Y ADOLESCENTES

27

Miercoles
4 - 5 pm

29

Viernes
12 - 1 pm



GROUPS ARE OPEN
FOR ANYONE OVER
18 YRS OLD

TO REGISTER contact Mariana Cárdenas at:
mcardenas@epcgc.org or (915)562-1999 ext. 1033

[or Click Here to Register](#)