

November & December 2019 Workshops



Work Life Balance

I Thursday I November 7, 2019 I 6:30pm – 8:30pm I \$10/per person

Caregiving isn't just our profession; it's our way of life. When we ignore our own needs, we become physically and emotionally exhausted. Burnout makes you lose track of who you are and where you are going. We need to care for ourselves before we can care for others. This workshop will help you learn your personal burnout triggers. We will give you tips & techniques so that you find your balance.

Presented by Jeanette Bellerive M.A.

Community Resource Connection - *English Only*

I Saturday I December 7, 2019 I 9:00am – 12:00pm I Free

Come and gather information about the resources available to families and child care providers in Santa Clara County. Listen to presentations from Community Organizations. Learn about the Subsidized Child Care System, Community Care Licensing and Community Based Organizations who support Child Care Providers and Parents. Gather resources and tips to use and share. Presentations will be in English and resources will be provided in multiple languages.

Presented by: A Variety of Community Organizations

All Workshops will be held at:

150 River Oaks Parkway, Suite F-1 | San Jose, CA 95134 | P. 408.487.0749 | F. 408.487.0762 |



Talleres de Noviembre y Diciembre



Equilibrando trabajo y familia

I jueves **I** 7 de noviembre del 2019 **I** 6:30pm-8:30pm **I** \$10/por persona

Cuidar niños no es sólo nuestra profesión; es nuestra forma de vida. Cuando dejamos a un lado nuestras propias necesidades, puede sentirse físico y emocionalmente agotado. El agotamiento le hace perder la noción de quién eres y adónde vas. Es importante cuidar de nosotros mismos antes de que podamos cuidar de los demás. Este taller le ayudará a aprender de técnicas para que pueda evitar el agotamiento y encontrar su equilibrio.

Presentado por: Jessica Moctezuma M.A.

Ubicación del Taller :

150 River Oaks Parkway, Suite F-1 | San Jose, CA 95134 | P. 408.487.0749 | F. 408.487.0762 |



One Registration form per person

Name:		
Address:	City:	Zip Code:
Phone:	Cell:	
Email:	Workforce Registry#:	

Our facilities cannot accommodate children during our workshops.

PLEASE CHECK all workshops you plan to attend:

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Payment: Check Enclosed (payable to the 4C 's of Santa Clara County Inc.)

Call 408-487-0749 to pay by Credit Card

TOTAL= _____

No Refunds or Exchanges

- * For workshops more than 3 hours please bring your own lunch/snacks
- * Please be on time to class, doors close 15 minutes after the start of each workshop
- * These workshops are not mandatory
- * Pre-registration required for workshops

Return Registration form to :

Resource and Referral Department



Una forma de registraci3n por persona

Nombre:		
Direcci3n:	Ciudad:	C3digo Postal:
Numero de Tel3fono:	Cellular:	
Correo electr3nico:	Workforce Registry#:	

No se permiten ni1os durante los talleres.

No hay reembolsos o intercambios

MARQUE los talleres que planea asistir:

Equilibrando trabajo y familia

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Si paga con cheque por favor hagalo a nombre de: *4C 's of Santa Clara County Inc.*

Si desea pagar con tarjeta de credito por favor llamar al (408) 487-0749 Total = _ _ _ _

- * Los talleres son gratis al menos que se indique lo contrario en la descripci3n.
- * Para Talleres mas de 3 horas por favor de traer su almuerzo/aperitivo.
- * Por favor de llegar a tiempo al taller, las puertas cierran 15 minutos despu3s del inicio de cada taller.
- * *Estos talleres No son obligatorios*
- ◇ Se requiere registraci3n previa

Regrese la hoja de registracion al departamento de: **Resource and Referral Department**