

Finding Calm



Wellness Webinar

Wednesday, November 12, 2025
1pm - 2 pm

Everyone experiences stress, but when it becomes constant or intense, it can start to affect our minds, bodies, and overall wellbeing. The good news is that there are proven strategies that can help reduce stress and improve how you feel day to day.

This virtual session will offer tools to help you take care of yourself and better manage the stress in your life.

What you will learn

- ✓ Why stress management matters
- ✓ Everyday techniques to feel more in control
- ✓ A calming technique you can practice anytime to reset and recharge

FREE
& Open to
ALL

For more information

Empower your community with knowledge and support. Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.



cmht@tricitymhs.org



(909) 242-7636



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