



HIGHLANDS RANCH COMMUNITY ASSOCIATION
THERAPEUTIC RECREATION

The ABCs of Stress Relief



**Monday, August 19 • Monday, August 26
Wednesday, August 28**

Northridge Recreation Center • 8800 Broadway

6:30 - 8:00 p.m. • Price: \$30.00 per person/\$40 per 2 family members

Cost includes a full color workbook

As parents of kids with disabilities, we have stress that is unique to our situations. Join us to connect with other parents as we learn together about stress so we can find the lesson, laugh, love and let go! Presented by parent and author Lynda Drake and Reiki Master Becky Miller.

Based on the book [Power of Imperfect Parents](#).

For more information: summer.aden@hrcaonline.org • 303-471-7043

WE ARE HRCA!



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