

Attention Child Care Providers!

*Mark your calendar and sign up to attend Child Care
Provider Training in downtown Warrensburg!*

All Stressed Up: What can I do?

Thursday, November 19, (pre-register by Friday, November 13)

Coping with stresses of work, family, finances, holidays and life can wear you down. Take a deep breath and take some time for yourself by signing up! This personal improvement workshop will help you in your personal *and* professional life. We'll discuss ways to help you with children in your care deal with stress also. You'll leave feeling relaxed and armed with practical ways to manage your stress. Presenter: Lisa Wallace, Human Development Specialist

Location

Emergency Management Building
NW corner of the Square
122 Hout Street
Warrensburg, MO 64093

122 Hout is a 2-story brown building with 2 glass doors. It just west of the Angle and Heany Law Offices.

There will be a big sign on the door.

Parking: You may park on the street, in the courthouse parking lot or in a parking lot to the west of the building.

Training is from 6:30-8:30pm and you'll receive a certificate for 2 clock hours.

\$10 per person

**Minimum enrollment of seven paid participants is required by November 12
to hold the session.**

June Butler, Office Manager at the Johnson
County Extension Center is your local contact for
registration. Call her at 660-747-3193 or email
butlerju@missouri.edu.

UNIVERSITY OF MISSOURI
 **Extension**

ENROLLMENT FOR CHILD CARE SESSION IN WARRENSBURG

Name(s) _____

Address _____

City _____ Zip _____

Phone _____ Email Address _____

Center or Organization: _____

If you are enrolling more than one from your center/home, please include all names so individual certificates can be made before the session. Thanks!

PRE-REGISTRATION REQUIRED

\$10 per person

Minimum enrollment of seven paid participants is required by November 12 to hold the session.

_____ **All Stressed Up: *What Can I do?***

Thursday, November 19 *(pre-register by Thursday, Nov. 12)*

Total amount enclosed :\$ _____

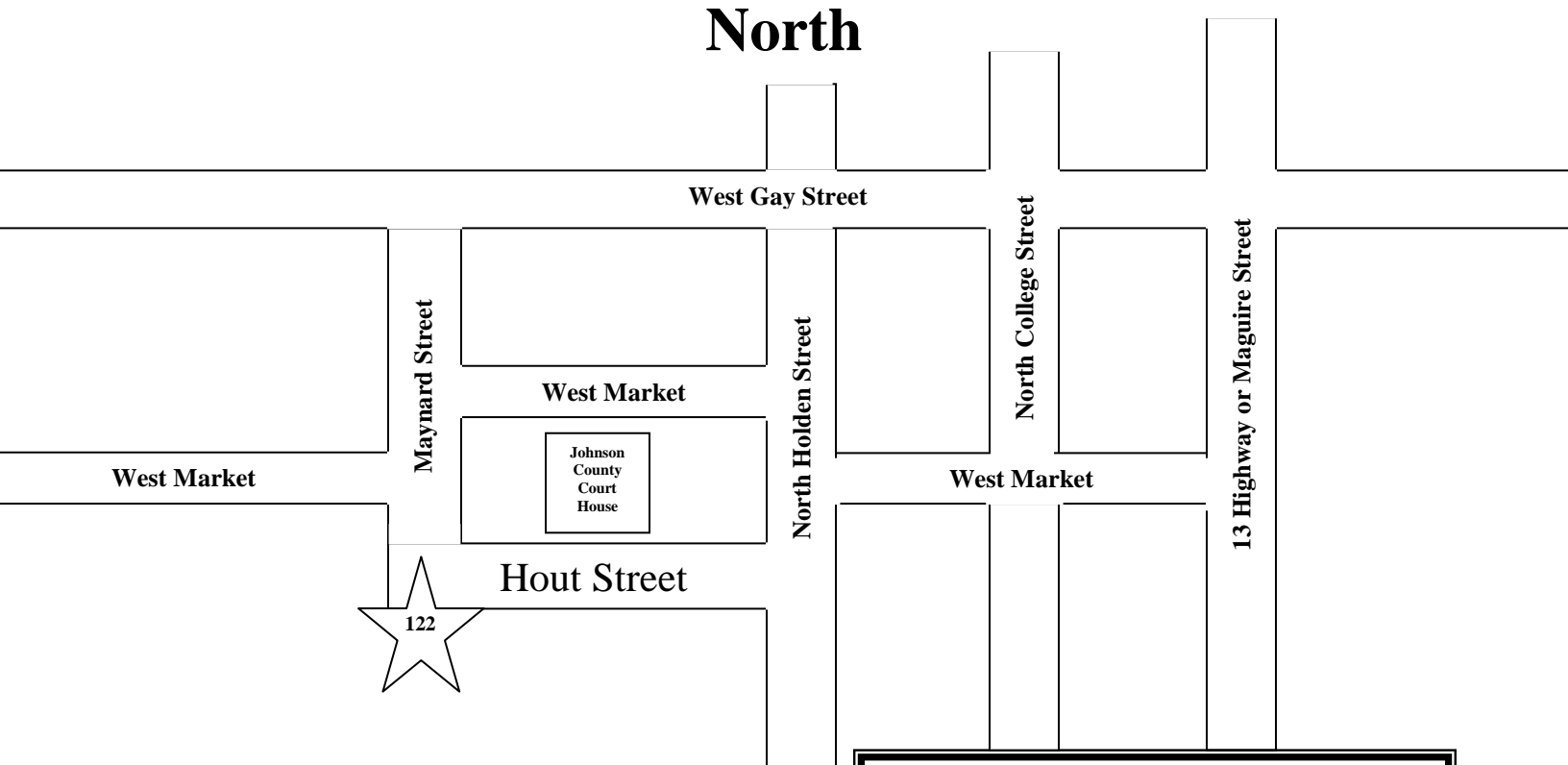
Mail payment and registration to:

MU Extension
135 West Market
Warrensburg, Missouri 64093
660-747-3193

(Copy this form as needed)

To find the location, either Map quest 122 Hout Street or here's a simple map:

It's easiest to get there from Maquire (Highway 13) to West Gay to Maynard.
122 Hout is at the corner of Maynard and Hout, on the NW corner of the
Courthouse Square.



Location

Emergency Management Building
NW corner of the Square
122 Hout Street
Warrensburg, MO 64093
Call my cell at 660-492-2575 that evening if you cannot find it.

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