

REBUILD & RISE: CREATING HEALTHY HABITS FOR STRONGER FAMILIES

Tools for Lasting Change, Routine, Trust, and Growth

Join us for an empowering **3-day workshop** focused on:

- Building healthy daily habits
- Overcoming challenges and setbacks
- Staying consistent through change
- Strengthening family bonds after separation
- Tools for communication, trust, and emotional healing

What You'll Gain:

- Practical strategies for long-term habit building
- Guidance on navigating reunification with patience and care
- Supportive community and shared experiences
- Motivation to stay consistent and committed to growth
- Participants who attend all 3-days will be eligible to receive a participation certificate and an incentive

Limited Spots Available | Scan the QR code to register



MAY 14, 21, & 28
AT 10:30 AM-12 PM

Who Should Attend?

Parents and caregivers, including those affected by incarceration, who are ready to grow, reconnect, and build stronger, healthier families.

For more information contact:

 (661) 579-0881

 311 E Avenue K4, Lancaster, CA

