



Throughout the summer months FCSS staff are here for you! We are hosting a series of interactive online conversations about Summer Self Care through July and August. Please feel free to join in on the conversation, or just watch along as some of the FCSS staff share tips and ideas for maintaining your best self all summer long.

Online conversations with **FCSS** staff!



- SERVING:**
- Barnwell
  - Barons
  - Coaldale
  - Coalhurst
  - County of Warner
  - Coutts
  - Lethbridge County
  - Milk River
  - M.D. of Taber
  - Nobleford
  - Picture Butte
  - Raymond
  - Stirling
  - Taber
  - Vauxhall
  - Warner

- ▶ **July 15 @ 2:00pm**  
**THE 3F'S AND MANAGING STRESS** *with Jessica and Bryan*
- ▶ **July 22 @ 2:00pm**  
**GAUGING YOUR STRESS** *with Jessica and Bryan*
- ▶ **August 12 @ 2:00pm**  
**THE FOUR PILLARS OF RESILIENCY** *with Amanda and Jessica*
- ▶ **August 26 @ 2:00pm**  
**TEMPERAMENTS** *with Kim and Bryan*

[WWW.FCSS.CA](http://WWW.FCSS.CA)