

BEAT THE BACK TO SCHOOL BLUES!

The Virtual VRC has more than 300 classes – available from the comfort of your own home -- because we are centered around YOU!

SPOTLIGHT ON SEPTEMBER CLASSES!

Manage the Impact of Stress, Grief, and Trauma with Institute of Violence and Trauma (IVAT):

This three-part series focuses on understanding and processing the stress, grief, and trauma of the present day. Members will develop practical skills and techniques for these stressors, as well as strengthen the endurance and resilience needed to continue managing the long-term impact of the pandemic and other stressors on us.

Savings 101 with Junior Achievement:

Participants discover the importance of spending money wisely and recognizing the budget as a valuable tool. Learn how to create personal budget based on saving and lifestyle goals and day-to-day situations.

Me-On-Pause: The Wisdom of Menopause:

Join Dr. Vouloumanoa, Holistic Health Practitioner, and Dr. Sondoozi, Clinical Psychologist, as they explore menopause and how women can thrive through this life change.



CALIFORNIA SCHOOLS
VEBA



Check out our September schedule and register for classes:
www.vebaresourcecenter.com

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Visit our VRC channels for Well-Being Resources and Updates