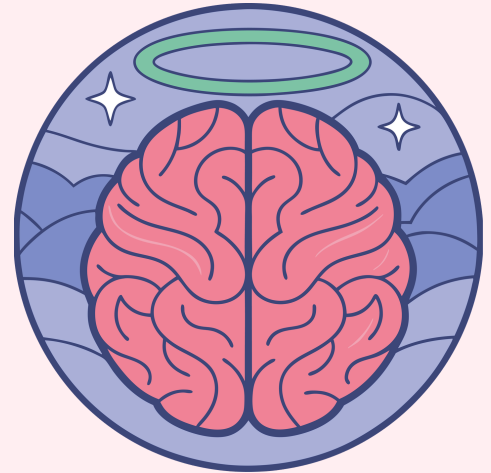




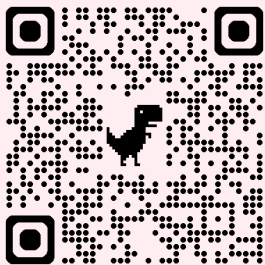
Renewed Strength: Practical Steps Toward Emotional Wellness



Difficult experiences don't always stay in the past. Trauma, loss, sudden change, or overwhelming events can continue to affect how we feel, think, and respond—even years later.

Join licensed therapist, Denise Cangiano, LMFT for an informative and supportive presentation focused on understanding trauma and learning practical tools for emotional well-being.

Limited spaces. RSVP now!



Wed, May 6th, 2026
6-8pm
175 Estates Drive,
Chico, CA 95928

