

Hidden Blessing Foundation
— Supporting families —



**HIDDEN BLESSING
FOUNDATION**

• community • healing • support

WORKSHOP DETAILS



DATE:
FRIDAY,
JUNE 5, 2026



TIME:
10:00 AM –
11:30 AM



LOCATION:
WHITTIER PUBLIC
HEALTH CENTER
WELLNESS COMMUNITY

WHAT TO EXPECT

- ✓ Wellness discussions
- ✓ Self-care tools
- ✓ Guided activities
- ✓ Community resources
- ✓ Support & encouragement

WORKSHOP

Registration

Join us for an uplifting workshop
focused on **YOU!**

Self Care
WITHOUT GUILT

—  —
*You deserve
care too.*

REGISTER TODAY!

Space is limited. Reserve your spot now!

(562) 775-6104



Let's heal together. Let's grow together. • Let's build a stronger community.

hiddenblessingfoundation.org