805 Connects Activity Reminder

Event: Stress Management Class

This activity uses # authorized hours with 805 Connects

Date: June 29th, 2026

Time: Span

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

Description:

Join our Stress Management Class and discover simple, practical ways to relax and take care of your mind and body. Learn helpful techniques like deep breathing, mindfulness, and positive coping strategies that you can use every day. This class is a supportive space to reduce tension, build confidence, and feel calmer and more in control.

How to Prepare:

Pick up details for the day of the event:

- Pick-up time is 3:30pm-4:15pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.