805 Connects Activity Reminder

Event: Stress Management Group w/ Snacks

This activity uses 3 authorized hours with 805 Connects

Date: February 4th, 2026

Time: 4:15pm - 7:15pm

Description:

Join us for a relaxing stress management group where we'll learn simple ways to reduce stress, share support, and unwind together. Snacks will be provided in a comfortable, welcoming environment.

How to Prepare:

There aren't any event specific details.

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.