

# Family Partners First Friday (of self-care)

Open to all families, both virtual and in person groups  
for self-care activities.

## Virtual

4/7/2023

6/2/2023

8/4/2023

10/6/2023

12/1/2023

**For all virtual groups please  
R.S.V.P for ZOOM link**

## In Person(activity)

5/5/2023

7/7/2023

9/1/2023

11/3/2023

**All in person group activity will be announced  
a month in advance & require a seperate  
R.S.V.P .**

**Activity will be held in various locations.**



### **More Information or to register:**

(510)289-6643    [laurie.dangelo@acgov.org](mailto:laurie.dangelo@acgov.org)

### **Para registrarse en español**

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**mentalhealth**  
ASSOCIATION OF ALAMEDA COUNTY