



## PERSONAL ASSISTANCE SERVICES COUNCIL

Supporting and Enhancing Independence

### **PASC Training Series: How to Cope When You're at the End of Your Rope – Manage the Stress in Your Life**



Please join us for a discussion about how to better manage the stress in your life especially when we are affected by natural disasters.

Presented by Angela Ayala-Reyes with SCAN

Please register in advance

[Register Here](#)

**Password: #Pasc1**

*PASC strives to improve In-Home Supportive Services, support independence, and enhance the quality of life for all who receive and provide IHSS.*

**Date: Thursday, January 23, 2025**

**Time: 11am—12:30pm**

**Location: Zoom**

**If you want to dial in, please call (669) 900-9128**

**Webinar ID: 859 7194 2812**

**Passcode: 740713**

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