



**PERSONAL ASSISTANCE
SERVICES COUNCIL**

Supporting and Enhancing Independence

**PASC Training Series:
Calming Your Worried Mind**



Please join us for a discussion about what you can do to manage feelings of anxiety and stress.

Presented by Rocio Martinez 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, April 3, 2025

Time: 11am—12:30pm

Location: Zoom

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

Webinar ID: 875 7514 8799

Passcode: 747643

Phone: 1-877-565-4477
Fax: 818-206-8000
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