Thank you for joining us for the *Preparing for Success* virtual class.

Attached are four (4) documents which contain the following:

* The slides for today’s class
* Tips for managing stress
* The change plan worksheet
* An action plan worksheet

If you have not already done so, please fill out an evaluation so that we can continue to improve our services: <https://www.surveymonkey.com/r/TSDP8RW>

Thank you for your participation in this class. We look forward to working with you again.