

- Pre-registration is required for workshops. We sometimes close or cancel a
 workshop for various reasons; when this happens, every effort will be made
 to notify those who are registered.
- If you need any accommodations to participate fully in a 4Cs workshop, please make arrangements with our Training Coordinator at 510-584-3114.
- 4Cs strives to provide a fragrance-free training environment. Please refrain from wearing scented products; persons with environmental sensitivities may be in attendance.
- Unless child care is specifically mentioned in a flyer, workshops are planned for adult participants only. Please leave all children at home or find alternate child care. Special arrangements can be made for breastfeeding mothers please inquire when registering.