

WELLNESS WEDNESDAYS

The ongoing health crisis has taken its emotional toll on school age children, as well as adults, as they cope with being physically apart from their peers, friends, and teachers.

This series of sessions has been designed to provide staff with resources to help them personally navigate through the social-emotional impact of the uncertainty of our current time and help prepare themselves for the 2020-2021 school year.

EVERY WEEK IN AUGUST AT 11 A.M.

5 Social-Emotional Wellness

12 Coping with Constant Change

19 Taming Stress and Anxiety

26 *CONNECTEDNESS From A Distance*

Elementary Link
Secondary Link

Please Use the Same Link for Every Session

How are you feeling today?

