

# WELLNESS WEDNESDAYS

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

This series of sessions has been designed to provide parents resources to help them develop and support the social-emotional skills of their student(s) during the 2020-2021 school year.

## EVERY WEEK IN AUGUST AT 6 P.M.

- 5 Social-Emotional Learning and Wellness
- 12 Coping with Constant Change
- 19 Taming Stress and Anxiety
- 26 CONNECTEDNESS *From A Distance*

Virtual Sessions via Zoom:  
(Please Use Same Link for Each Session)

[Zoom Link](#)

How are you feeling today?

