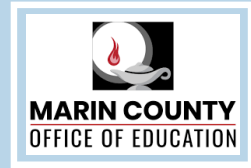




Social & Emotional WELLNESS SESSIONS



Strategies to support social, emotional, and academic development through mindful movement and rest.

For High School Students

Thursday, December 10th
3:30-4:15pm



Thursday, December 17th
11:30am-12:15pm



TBD Spanish Speaking Session

Learn breathing, mindful movement, and guided rest techniques to help you de-stress and relax! Learn how to help your body and brain access a state of calm.


[Register Here](#)

For Parents/Guardians

Presented in Spanish with English Translation.

Tuesday, December 8th
5:30-6:30pm



Presented in English with Spanish Translation.

Wednesday, December 9th
5:30-6:30pm

Learn simple strategies to support your well-being! This session will look at how stress affects your body and nervous system, and introduce **Breathe, Move, Rest** Brain Breaks for self-care.


[Register Here](#)

For Educators

Wednesday, December 9th
3:30-4:30pm



Wednesday, December 16th
3:30-4:30pm

Engage in breathing techniques, mindful movement, and guided relaxation strategies in the form of **Breathe, Move, Rest** Brain Breaks to promote Educator well-being.


[Register Here](#)



Please wear comfortable clothing.

Questions? Call Education Services 415-499-5870

