



Calling all 6th, 7th, and
8th Graders!



JOIN US FOR Wellness Wednesdays

*We are extending this
invitation to foster
mental wellness!*

WE WILL BE HAVING
DISCUSSIONS/GUEST PRESENTERS AND
BUILDING EACH OTHER UP THROUGH
TOPICS SUCH AS:

- Healthy Eating
- Healthy Lifestyle
- Anger and Stress Management
- Anxiety/Change/
- Acclimating
- Isolation
- Social Pressure
- Grief and Loss
- Career and School Goals
- Relationships

These meetings will be opportunities to grow SOCIALLY AND EMOTIONALLY STRONG! Each meeting is designed to support and empower you mentally and emotionally. This opportunity will designate you as an SEL Champion.

**WHEN
AND
WHERE
IS
IT?**

The first Wednesday of every month,
from 2:15 - 3:15 p.m., in the UA Office

MEETING DATES ARE :

9/06/23,10/04/23,11/01/23,12/06/23,01/10/24,02/07/24

To RSVP
or for any
questions,
text/email
Ms. Dory
at:

772-801-0408
ddoval29@dadeschools.net

