

Join us on Thursday, February 25th 6:30 PM
for our ALL VIRTUAL Middle Level



FAMILY WELLNESS NIGHT!

 [Click Here to Sign Up for Your](#) 
[Free Workshops!](#)

All Parents and Students are welcome to join our staff for games, prizes, and learning ways to destress, stay in shape, create art, and more! Sign up for our keynote speaker Dr. Katherine Dahlsgaard! Door Prizes will be chosen at 8:30 for our lucky families!

- **Yoga and Mindfulness**
- **Zumba**
- **Staying Well While Virtual**
- **It's OK to Not Be OK**
- **Workout Using items You Already Have**
- **And our Keynote Speaker Dr. Dahlsgaard:**

Enjoy a Free Night of
Learning and Family Fun!

Does your child get anxious in the morning before going to school? Does your child start worrying Sunday about going to school Monday? Attend our session with Dr. Dahlsgaard, licensed clinical psychologist, to learn about strategies to lessen school avoidance. Dr. Dahlsgaard has specialized in the treatment of anxiety in children and adolescents for the past 15 years.