

Calm City Presents a Wellbeing Workshop

For the Walter Crowley School of Leadership

Increase Concentration | Reduce Stress | Improve Productivity

Attention: all Walter Crowley School of Leadership Parents!
Calm City is teaching a 4 part wellbeing series

Part 1: May 9th, 6:00PM, In person at school
Explore the importance of wellbeing

Part 2: May 16th, 6:00 PM, Meet virtually on zoom
Identify what triggers stress and learn coping skills

Part 3: May 23rd, 6:00 PM, meet virtually on zoom
Learn to practice mindfulness and relaxation techniques

Part 4: May 30, 6:00 PM, Meet virtually on zoom
learn to develop self care plans for you and your children

Calm City will be presenting this series in English and Spanish

Share a unique experience with your parent community and learn **new skills for managing stress** and develop better communication skills between you and your children. Find **clarity, calm and balance** that will help you daily and with your children.

