

# Virtual Groups for

Kids when

## June 5 @ 5:30pm Internet Safety for Social Media

Target Audience: Middle School  
Link to Register: <https://bit.ly/45viye0>

## June 15 @ 5:30 Mindfulness and Relaxation Techniques

Target Audience: Middle School  
Link to Register: <https://bit.ly/3MMLaJv>

## June 19 @ 5:30 Building Better Relationships at Home

Target Audience: Middle School  
Link to Register: <https://bit.ly/3q49tvX>

## June 29 @ 5:30 Tackling Anxiety and Fear

Target Audience: Middle School  
Link to Register: <https://bit.ly/3BS3MhI>

TQBSD!jt!qmfbtfe!up!qsftfou!uiftf!wjsuvbm!usbjojoh!t!u!spvh!i!u!iftvqqpsu!pg!Nfd!l!pqf!Uiftf!hspvqt!bsf!pqfo!up!boz!td!ppm!bhfe!zpvu!i!jo!Nfd!mfocvsh!Dpvouz!

- Sfhjtusbujpo!jt!sf rvjsfe/!
- Uift!hspvqt!bsf!mjnjufe!up!9!joejwjevbm/
- Dmjd!l!po!uift!mjo!l!up!sfhjtufs!up!sfhjtufs!up!buufoe!boz!fwfouzpv(sf!joufsftufe!jo!l!Sfhjtusbujpo!dmpftt!3!ipvst!qsjps!up!bo!fwfou!cfhjoojoh/
- Qbsfou0Hvbsejbo!dpotfou!jt!sf rvjsfe!gps!boz!zpvu!i!up!qbsujdjquf!Uift!mjo!l!up!uift!dpotfou!gpsn!jt!jodmvefe!xju!i!uift!sfhjtusbujpo!Zpv!pomz!of fe!up!dpnqmfuluift!dpotfou!pof!ujnf!lopu!gps!fbd!i!hspvq!buufoe fe/!
- Jg!zpv!sfhjtufs!gps!bo!fwfou!boe!xf!ep!opu!i!bwf!uift!dpnqmfuluift!dpotfou!gpsn!3!ipvst!qsjps!up!uift!fwfou!zpv!xjmm!cf!dpoubdufe!cz!uift!gbdjnjubups!boe!xjmm!opu!cf!bmmpx fe!up!kpjo!uift!fwfou/
- Fbd!i!n!pou!i!uift!fsf!xjmm!cf!b!of x!t!fsjft!pg!hspvq!pjo xT