

Transform Your Future with ANCHOR!

Advancing **I**nnner Strength, **C**ultivating **H**ope, and **O**ffering **R**esilience

Key Program Dates:

1. One-Day Intensive: Tuesday, July 30, 2024, 9:00 AM - 2:00 PM;
Location: Middletown High School
2. [Active Minds Conference](#): August 1-4, 2024; Location: Washington, DC

Important Deadlines:

- Application Due: Friday, July 12, 2024
- Acceptance Notification: Tuesday, July 18, 2024
- Virtual Parent Info Session: Wednesday, July 24, 2024 at 5:00 PM

What You'll Gain:

- ✓ Mindfulness and resilience techniques ✓ Social-emotional learning strategies
- ✓ Academic success tools ✓ Mental health advocacy skills
- ✓ Supportive peer connections ✓ National conference experience

Program Highlights:

- ✓ Expert-led workshops ✓ Interactive group sessions ✓ Personal goal-setting exercises
- ✓ Mental health awareness training ✓ Networking opportunities
- ✓ 3-day immersive conference in Washington, DC

Who Should Attend:

- Middletown High School students (Grades 10-12 for the 2024-2025 school year)
- Those seeking to enhance mental well-being and academic performance
- Aspiring mental health advocates

Your ANCHOR Commitment:

- Attend one-day intensive (July 30, 2024)
- Participate in Active Minds Conference (August 1-4, 2024)
- Engage in monthly follow-ups throughout 2024-2025 school year
- Contribute to school-wide mental health initiatives
- Apply learned strategies to academic and personal life
- Serve as an ANCHOR ambassador

Why ANCHOR?

- Kickstart personal growth
- Gain lifelong skills
- Connect with peers and professionals nationally
- Impact your school and community
- Prepare for academic success

Space is Limited – Apply Now! Application here: [ANCHOR Application](#)

Questions? Contact Dr. Jada Waters: watersj@mpsct.org