

OV-Wellness Center

Room 112

Are you finding it difficult to manage stress, sadness, anger and need to learn ways to navigate through peer relationships and conflict with others or simply need time away to de-stress/de-compress? Come to the Wellness Center where you can meet with one of the therapists for brief counseling.

Monthly Workshops offered during flex period that focus on topics such as: anger management, bullying, self-care, navigating through Grief and Loss. Dates to (TBD)

Wellness Wednesdays: Different types of activities to be offered focusing in self-care.

Please utilize the QR Code below to self-refer to the Wellness Center prior to coming.



<https://forms.gle/17y36H9jKC1EjLr27>

Hours of Operation: Monday-Friday During 3rd & 4th periods and both lunches
Wellness Wednesdays 10am-10:20am @Wellness Center RM112 (Walk-In Basis)

Wellness Center

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Wellness Wednesday Morning Miindfulness Activity: Come play Uno to de-stress. RM 112	3	4	5 Wellness Wednesday Tip of the Day-Engage in progressive muscle relaxation to de-stress.	6	7	8
Wellness Wednesday Morning Miindfulness Activity: Practice mindfulness walking.	10	11	12 Wellness Wednesday Tip of the Day-Garden to de-stress	13	14	15
Wellness Wednesday Morning Miindfulness Activity: Practice mindfulness through color painting. RM 112	17	18 Grief and Loss Workshop-During Flex	19 Wellness Wednesday Tip of the Day-Cuddle with a pet.	20	21	22
Wellness Wednesday Morning Miindfulness Activity: Practice mindfulness through putting a puzzle together.	24	25 Substance Use 101 Workshop-During Flex	26 Wellness Wednesday Tip of the Day-Use an "I" feel statement	27 Grief and Loss Workshop-During Flex	28	29
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