

Exploring Mental Health



Please join us at Global Leaders for a free dinner while acknowledging NYCDOE's Mental Health Week to bring awareness and understanding to today's current mental health trends, symptoms and signs of prominent issues, and treatment.

When: Monday March 2nd at 5pm to 6:30pm

Where: The School for Global Leaders (RM 247)

Who's invited: Students and Parents of SGL (parents must attend if students attend)

What: Please join us for a community dinner and 3 Mental Health Presentations

- 1.) "100 Schools Project" will present on exploring what is mental health and how it looks in Middle School.
- 2.) "ABC Fast Break" will present on Interventions and Treatment
- 3.) Jessica Bartulis will teach a 30 minute in-chair Yoga session to help with stress management, mindfulness, and the bridge between physical and mental health

Please note: School Counselor, Mike Goodwin, will be in attendance to discuss any issues or concerns you may have about your own child's mental health and well being

PRIZE!!! Any student who attends (with a parent) will receive a free dress down pass ☺