

WILLIAM CULLEN BRYANT HIGH SCHOOL

MENTAL HEALTH & WELLNESS HANGOUTS!

BY WESTERN QUEENS CONSULTATION CENTER

Please see below for information on our Fall 2020 student wellness workshops!

Achieving Success this School Year Tuesday, Sept 22

2020-2021

Come discuss how to cope with current stressors through positive thinking and effective preparation.



Continuing to Cope with COVID-19 Wednesday, Sept 30

Learn how resiliency and self-empowerment can help us address our personal struggles with COVID 19.

Overcoming High School Anxiety Tuesday, Oct 6

Lets identify the self-care and self-regulation techniques you can use to manage your anxious thoughts and worries.

Do More, Stress Less! Thursday, October 15

Lets discuss how to manage your time so you can be productive and still chill!

Finding Motivation for Greatness Thursday, October 22

Lets brainstorm how we can motivate ourselves to continue our relenteless quest for excellence.

"Spooking" Away Our Challenges Friday, October 30

Take this spooky season to learn how to confront challenges and not be afraid of them.



ALL HANGOUTS WILL BEGIN @ 2:30P

Flyers with more information and Google Hangout links will be provided as workshop dates get closer.

Please reach out to westernqueens@wcbryanths.org with any questions!

