

**P.S. 31Q**  
The Bayside School  
211-45 46<sup>th</sup> Road  
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**Terri Graybow**  
Principal

**Tony Kossovitsas**  
Assistant Principal

Self-Care for P.S. 31Q Parents & Guardians



**Wednesday, April 18th at 5:30PM**

Hosted by:

Ms. Serfaty, P.S. 31Q Guidance Counselor &  
Ms. Sampson-Dodd, Social Worker & Mental Health Consultant

All P.S. 31Q parents/guardians are invited to see how self-care empowers you to help others.

- ♥ Healthy Stress vs. Unhealthy Stress
- ♥ Stress Management vs. Self-Care
  - ♥ Breathing Exercises
  - ♥ Active Moment

We hope you will join us and please return the tear-off below so we may reserve a spot for you! Please note: this is an adult only event. Light refreshments will be served.

Warmly,

Maritza J. Gillespie  
Parent Coordinator

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Attn: Ms. Maritza Self-Care to Help Others Workshop on 4/18/18 at 5:30pm

\_\_\_\_ Yes, I will attend!

My Name: \_\_\_\_\_ My email: \_\_\_\_\_

Child's name: \_\_\_\_\_ Child's Class: \_\_\_\_\_