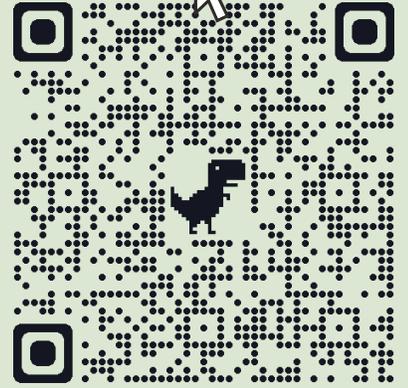


21-22 AHS WELLNESS WORKSHOPS

@LUNCH - ROOM D101

REGISTER NOW



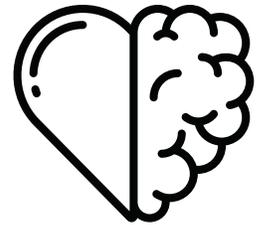
COPING WITH CHANGE 09/16

- Adapting to life challenges and returning back to school.



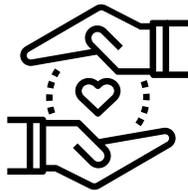
STRESS MANAGEMENT 10/14

- Learn strategies to better deal with difficulties. Turn challenges into a growth opportunity.



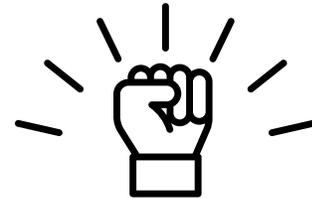
SELF CARE 12/02

- Optimize your physical and mental health!



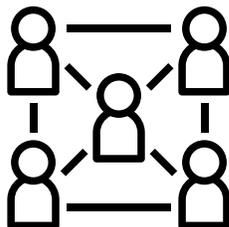
BUILDING MOTIVATION 01/13

- Learn strategies to meet your goals!



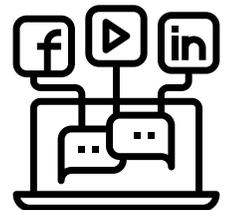
HEALTHY RELATIONSHIPS 02/10

- Build trusting relationships at home, school, and with peers.



SOCIAL MEDIA 101 03/17

- Learn the impact that social media has on your mental health.



Register using QR code or email GTS Counselors
cruz_anny@ausd.us / lopez_elizabeth@ausd.us