

# AHS Wellness Workshops

Thursdays during Advisory!  
Limited Space @ Library

sign up here!

SCAN ME



## September 19, 2024

### The Relationship Blueprint: Connect, Communicate, and Thrive!

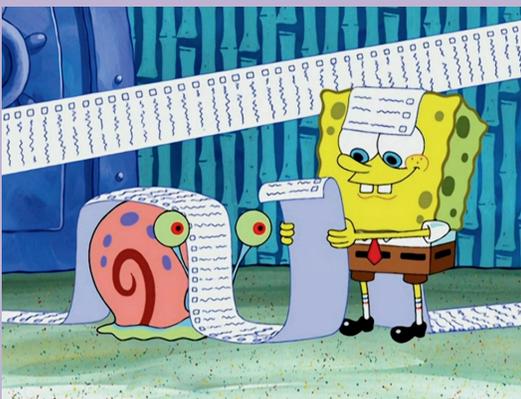
Learn how to build and keep positive relationships with friends and family. Get tips to keep your connections strong!



## October 24, 2024

### Vibe Check: Navigate Emotions and Stay Cool Under Pressure

Tune into your inner emotions: Learn to stay calm, in control, and navigate life's ups and downs.

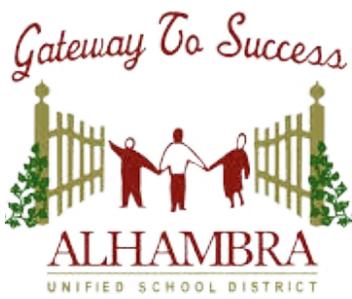


## December 5, 2024

### Task Tactics: Stay Organized and Reach your Goals

Stay on Top! Use smart tools to organize tasks and keep your responsibilities in check. We've got your back for your big dream.

**\*\* Attend the workshops to be entered into an opportunity drawing. The more workshops you attend the higher the chance to win! \*\***

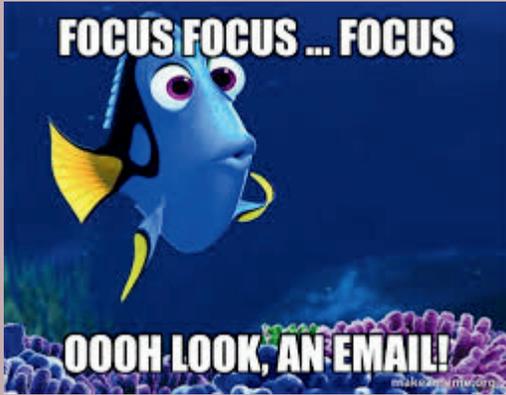


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January 23, 2025

## Focus and Conquer: Self-Regulation Tips for Success

Stay Focused and Reach Your Goals!  
Learn to spot distractions, control impulses, and use tips to overcome barriers.



February 13, 2025

## Conflict Resolution: Smooth Out Issues and Strengthen Friendships

Handle conflicts effectively, prevent escalation, and repair relationships. Gain skills to keep things smooth and your friendships strong!



March 20, 2025

## Find your Power: Build Connections and Shine Through Life's Challenges

Feeling like you don't quite fit in?  
No worries- you've got this!  
Discover your inner strength, build connections, and learn to handle life's changes. Get ready to shine!

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