

REMINDER - Tomorrow! Drop in Series on Stress and Coping

Dear students,

Please join our second Drop-In session on Stress and Coping **tomorrow, Tuesday, February 16th from 12:00-12:30**. We will dig deeper into how our thoughts and perceived power can impact our stress level. Please contact Joel Porter (jsporter@madison.k12.wi.us) if you have any questions. We hope to see you there!

Join us for this 30-minute Zoom session:

<https://madison-k12-wi-us.zoom.us/j/92100281511?pwd=aWxBSoRldVBhTkgvQo4yYo9ZUoEzZzO9>

Thank you!