

REMINDER - Tomorrow! 3rd Drop-in Session on Stress and Coping

Reminder!

Please join our third Drop-In session on Stress and Coping TOMORROW, Tuesday, February 23rd from 12:00-12:30. We will be reviewing concepts from the first two sessions and also focus on healthy relationships and how they relate to our stress levels. As always we will go over strategies to deal with stress. 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=aWxBSoRldVBhTkgvQo4yYo9ZUoEzZz09>

Thank you!