

REMINDER! Tomorrow is the 4th Drop-in Session on Stress and Coping!

Hello West students! Please join our fourth Drop-In session on Stress and Coping tomorrow, Tuesday, March 2nd from 12:00-12:30. We will be reviewing concepts from the first three sessions as well as talk about coping toolkits, problem-solving strategies and coping strategies. Please contact Joel Porter (jsporter@madison.k12.wi.us) if you have any questions. We hope to see you there!

The 4th and final Drop-In will be on Tuesday, March 2nd at 12:00.

Join us for this 30-minute Zoom session:

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