

Board Wide Mental Wellness Parent Workshops

Organization: Strong Minds Strong Kids

[Workshops \(strongmindsstrongkids.org\)](https://strongmindsstrongkids.org)

Amount Requested \$2000 (based on 400 parents is \$5/parent)

Breakdown

| Dates | Topic | Outline | Cost |
|--------------|------------------------------------|---|---|
| January 2022 | A Masterclass in Stress Management | <ul style="list-style-type: none">• 2 Virtual Interactive Workshops• 1.5 hours each• One will be held in the evening and one at lunch | \$500/workshop (\$1000 total) (maximum of 100 parents per work shop) |
| March 2022 | Taking Care of You! | <ul style="list-style-type: none">• 2 Virtual Interactive Workshops• 1.5 hours each• One will be held in the evening and one at lunch | \$500/workshop (\$1000 total) (maximum of 100 parents per work shop) |