

FOOTHILL HIGH SCHOOL IN  
PARTNERSHIP WITH WESTERN  
YOUTH SERVICES

# Breakfast Club

*A continuation of our Student Support Group*

SEPTEMBER 15TH - NOVEMBER 3RD  
LOCATION: LIBRARY/CAREER CENTER (9/15&10/20)  
TIME: LATE START WEDNESDAY @8:30

SEPTEMBER 15TH-WHAT IS MENTAL HEALTH  
(MEET IN CAREER CENTER)

SEPTEMBER 22ND-HEALTHY COPING SKILLS

SEPTEMBER 29TH-TIME MANAGEMENT

OCTOBER 6TH-MOTIVATION

OCTOBER 13TH-GOAL SETTING

OCTOBER 20TH-STRESS MANAGEMENT

(MEET IN CAREER CENTER)

OCTOBER 27TH-MIND FULL OR MINDFUL

NOVEMBER 3RD-NOURISH TO FLOURISH/SELF  
CARE/GRATITUDE

*Sign Up Genius: [Click Here!](#)*