



GLENOAK HIGH SCHOOL

FAMILY WELLNESS NIGHTS

Hosted by GlenOak High School counselors

Each session will begin at 6:00pm

OCTOBER 12: **PROMOTING TEEN WELLNESS & WHAT HELPS YOU** | LOCATION: VIRTUAL

NOVEMBER 2: **HOW TO SET HEALTHY BOUNDARIES WITH YOUR TEEN** | LOCATION: VIRTUAL

NOVEMBER 30: **MANAGING STRESS DURING THE HOLIDAYS**
LOCATION: IN PERSON AT GLENOAK HIGH SCHOOL

JANUARY 11: **THE IMPACT OF SOCIAL MEDIA ON TEENS**
LOCATION: VIRTUAL

FEBRUARY 8: **STRATEGIES TO HELP OVERCOME COMMON TEEN OBSTACLES** | LOCATION: VIRTUAL

MARCH 8: **RECHARGING FAMILY RELATIONSHIPS**
LOCATION: IN PERSON AT AT GLENOAK HIGH SCHOOL



Virtual Meetings are accessible through Google Meets. Scan the QR code or visit bit.ly/gohs23

