



# Virtual Winter Wellness Workshops

**Syntero is offering free 2-day virtual prevention workshops over winter break. These workshops will help students build developmentally-appropriate skills for navigating changes in routine and expectations, spending time with others, and coping with stress and the “winter blues.”**

**Please sign your student up for only one age appropriate option. If the option you are looking for is not listed, the workshop is full.**

**Sign ups open November 28th and will remain open until December 12th.**

K-2	December 20th and December 21st	10:00am to 11:00 am	K-2	December 28th and December 29th	10:00 am to 11:00 am
3-5	December 20th and December 21st	10:00 am to 11:00 am	6-8	December 28th and December 29th	10:00 am to 11:00 am
K-2	December 20th and December 21st	1:00 pm to 2:00 pm	3-5	December 28th and December 29th	1:00 pm to 2:00 pm
9-12	December 21st and December 23rd	1:00 pm to 2:00 pm	6-8	December 28th and December 29th	1:00 pm to 2:00 pm

### **For Registration and More Information:**

Google Form Registration Link: <https://forms.gle/VCGyPcszqYVJCBCV8>

Questions? Contact [studentwellnessgroups@syntero.org](mailto:studentwellnessgroups@syntero.org).

**Syntero Prevention Programming is made possible by community funded levy dollars as distributed by the Franklin County ADAMH Board and Delaware/Morrow County DMMHRB.**