

GLOWING AND GROWING TOGETHER *A Mindfulness and Yoga Parent-Child Retreat*

A Greenwich Public Schools Event sponsored by Greenwich Alliance for Education



Join us on
Saturday, March 11, 2023
from 9:00 a.m. to 11:30 a.m.
North Street School

- ✧ Spend quality time with your child while engaging in fun activities
 - ✧ Practice mindfulness and yoga to calm your body and mind
- ✧ Learn strategies that will promote a growth mindset for you and your child
 - ✧ Get crafty and create your own calming toolbox
 - ✧ Enjoy a free healthy lunch and beverages

RSVP required by March 6. Limited to 15 students, PreK-12.
Only 1 adult per child permitted.

[CLICK TO RSVP](#)



For more information visit: GreenwichSchools.org/SEEvents

Greenwich Public Schools SEL Events
promote a safe school climate by fostering social-emotional skills
in our students and reinforcing the District's norms:
Be Here, Be Safe, Be Honest, Care for Self and Others, Let Go and Move On

Funded by a generous grant from

