



Wellness Newsletter



All About your Center

The mission at the Wellness Center is to empower students to promote and manage their own social, emotional, and physical health while striving to support all areas of their lives that may impact their academic potential.

The Center can provide (but not limited to) the following interventions and supportive services:

- *Short-Term Counseling Services*
- *10-15-Minute Brain Breaks*
- *Empowerment/Educational Workshops*
- *Lounge Area*
- *Basic Needs Closet (school supplies/hygiene kits)*
- *Community Resources*
- *Special Interest Activities (art/yoga/crafts)*
- *FREE Food Pantry*

Upcoming Events

- Color & Chat
 - *Wednesday 9/7 at Lunch*
- Meditation Monday
 - *Monday 9/12 at 8:15AM*
- Uno
 - *Wednesday 9/21 at Lunch*

SAVE THE
date



Can you guess what makes our Millikan's Wellness Center unique?

Clue: This was a student led project.

Need Support?



Scan QR Code to
Submit a Referral or
Visit Link

Contact Information:

Ms. Uresti

Room 703

auresti@lbschools.net

tinyurl.com/wcsupportservices

Wellness Center Scavenger Hunt

- Weighted Blanket
- Coloring Sheet Binder
- Wellness Mart
- Sodoku Binder
- Jenga
- Laura's House Poster
- Self Affirmation Mirror
- 1000 Piece Puzzle
- Mindful Brain Break Wall
- Rack with Resource Flyers
- Printer
- Zen Teen Book



Students once completed inform Ms. Uresti to claim prize; limited prizes.

Stay Connected



RAMWELLNESSCENTER

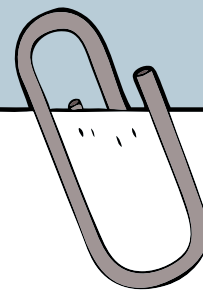


RAMWELLNESS



We are all here
for you!

1. STAFF
2. COUNSELORS
3. COLLEGE/CAREER
COUNSELOR
4. ADMIN



What can your Center
support you in?

- A. Free Food Pantry
- B. Basic Needs Supplies
- C. Community Resources
- D. Get connected to
outside therapy

Answer: All of the above