

## **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, May 18, 2024**  
**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 your and your child
  - ✧ Get crafty and create your own calming toolbox
  - ✧ Enjoy a free healthy lunch and beverages

**RSVP required by May 13. Limited to 20 students, PreK-12.**  
**Only 1 adult per child permitted.**

[CLICK TO RSVP](#)



For more information visit: [GreenwichSchools.org/SEEvents](https://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

