

STRONG MINDS

STRONG FUTURES

A FREE workshop for middle school girls & parents/caregivers.

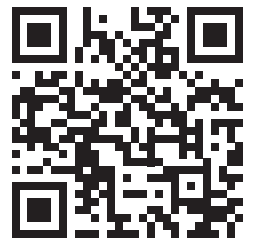
Saturday, March 21, 2026

11:00am–1:00pm

(Lunch Provided)

- Learn practical coping skills to manage stress and big emotions.
- Explore healthy self-care habits for everyday life.
- Practice simple mindfulness and relaxation techniques.
- Build confidence and positive problem-solving skills.
- Learn how to recognize when help is needed.
- Get information on mental health resources and support.

[Register Here](#)



*Strong Minds Today.
Bright Futures Tomorrow.*

