



Parents/Guardians...

Start Your

Personal Wellness

Journey in 2025



THE PERSONAL WELLNESS
WORKSHOP WILL INCLUDE 4
SESSIONS

Monday, January 13 at 3:30P.M.
Monday, January 20 at 3:30P.M.
Monday, January 27 at 3:30 P.M.
Monday, February 3 at 3:30 P.M.

Sessions will take place in room 9 at Mulvey School

Childcare will be provided during the sessions

SESSIONS WILL EXPLORE:

- What is wellness?
- What is self-care?
- What is self-compassion?
- What are the different dimensions of wellness?
- What does wellness look like for me?

If interested, please contact Wanita Mackenzie
via email at wmackenzie@wsd1.org

Please note: the workshop is limited to 6 participants