

# CCN

CNG COMMUNITY NEWS



As mentioned in the body of this email, the High School Counseling Team is extending the community activity to new times this week.

It is just **30 minutes** and offers some techniques for relaxation as well as an activity about locus of control. Seeing your face in our Zoom meeting is also a way to remember we are still a community supporting each other.

(For those of you who participated last week, it is the same activity you did.)  
**Come with a paper and markers (pen/pencil is fine too).**

## **SCHEDULES FOR THIS ACTIVITY ARE:**

**Tuesday, April 28, 10:10-10:40am**

Join [Zoom Meeting](#)

Meeting ID: 648 863 6228

Password: 160454

**Wednesday, April 29, 8:00-8:30pm (20:00-20:30)**

Join [Zoom Meeting](#)

Meeting ID: 648 863 6228

Password: 160454