

South High School Social/Emotional Wellness Night



Who? Open to all South students, staff and their families, as well as neighboring schools

What? Social/Emotional Wellness Night

The focus of the event is providing information on overall health and wellness. There will be breakout sessions led by mental health providers on topics including stress/anxiety, social media, suicide prevention, substance use, healthy relationships and trauma informed care. Additionally, several outside agencies from our community will be setting up booths for a resource fair. These agencies include Karma Yoga, Denver Public Library, Wash Park Chiropractic, Conflict Center, and Violet Hive Art, just to name a few! Light snacks, childcare (by South High Student Senate) and translation services provided.

When? Monday April 15th from 5:00 – 7:00pm

Where? South High School (Auditorium, first floor)

Why? Because we believe that every human should have the opportunity to live with a healthy mind and body, and we want to reduce barriers that limit access to achieving this.

RSVP here: <https://goo.gl/forms/ZIngwDHP87CbEnzt1>