



**BEXLEY CITY SCHOOLS
DISTRICT-WIDE SCHOOL CLIMATE COMMITTEE**

DE-STRESS FEST

SEPT 27 (WEDNESDAY)

6:00–8:00 PM DOORS OPEN AT 5:45

The first 100 families receive a FREE tote for screen printing

- Engage students and families in the topics of anxiety, stress, wellness & mindfulness
- Learn what anxiety & stress look like in students based on their ages
- Explore tools for helping students & families cope with anxiety & stress
- Participate in Activity Stations & a Resource Fair

***Nationwide Children’s Hospital Counselors speak at 6:00**

***20-minute rotating interactive sessions begin at 6:25**

**Hosted at the
Cassingham
Complex
(Main Entrance)**

**Yoga, Meditation,
Art Activities &
Nutrition**

**Presentation by
Nationwide
Children’s
Hospital
Counselors**

**Resource Fair for
the
Bexley Community**



BEXLEY CITY SCHOOLS
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