



Student Focus and Concentration Virtual Workshop Secondary

As part of Mindfulness Week, we invite parents and community members to participate in an engaging virtual workshop designed to enhance focus and concentration strategies through mindfulness practices. This session will introduce simple yet effective techniques, such as breathing exercises and mental strategies, that can help reduce stress, improve productivity, and foster a sense of calm. Whether you're managing a busy schedule or seeking tools to help your child thrive, this workshop is perfect for all experience levels.

Don't miss this opportunity to learn valuable skills for a more mindful and centered life!

Date: Tuesday, December 17

Time: 6:00 pm - 8:00 pm

ZOOM Meeting ID: 991 2467 6115



Lead by:

FRANZLINE WHALEY

School Psychologist