



THURS, DEC 16 @ 7PM HOLIDAY WELLNESS PARENT CIRCLE

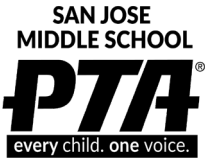
Less Stress, More Comfort & Joy:
Maintaining your mental health and
wellness during this holiday season



For most of us, the holiday season is a ride on mixed emotions. Amidst the joy and excitement, many things also activate feelings of grief and stress. This year, we are all living through an especially difficult time, seeing the change and loss brought to many by the Covid pandemic. There are things we can do to calm our bodies and brains. Take a moment to relax with fellow SJMS parents, enjoy our engaging guest speakers, and set an intentional tone of wellness for this holiday.

Visit sanjose.nusd.org/holiday-wellness for guest speaker bios.

Presented in partnership:



FREE
An Informal
Conversation
for Parents and
Caregivers

Expert Guest
Speakers from
North Marin
Community
Services

Tea, Cocoa,
Snacks &
Community

In person in the
SJMS Library
and on Zoom
(RSVP for link)

AT SAN JOSE
MIDDLE SCHOOL
1000 Sunset Parkway,
Novato

RSVP at
[sanjose.nusd.org/
holiday-wellness](https://sanjose.nusd.org/holiday-wellness)