

Did you know this month is STRESS AWARENESS MONTH

This month serves as a reminder to take proactive steps toward stress management through techniques like mindfulness, exercise, healthy eating, and seeking support when needed.



PROGRAM HIGHLIGHTS

T.O.T.W

Topic Of The Week is our Weekly discussion group that takes place every Wednesday. (Virtual option available)

FACTORY TOUR

We will be touring the Spangler Candy World Factory. TRAVEL FORMS MUST BE SIGNED AND **TURNED IN TO** PARTICIPATE

CAMP (YOU)TH

the

April 28th - May 1st. THE LOFT will be at Riverbend Park soaking up the sun!

The Loft will open at noon if school is closed,

otherwise the space will open at 3:00!

Thank you to the agencies we partner with for programming!





Purpose







Health









