

Minding Your Mind Sessions Oct. 7-Dec. 9

Fridays during Lunch

(NEATLY PRINT ALL INFO)

Name: _____

Grade: _____

Email: _____

Do you plan to attend ALL sessions: yes ___no___ (I'll miss the following dates _____)

Feel free to pack a lunch. We will provide water and dessert.

A representative from the Gallagher Foundation or Minding Your Mind will be facilitating these sessions. (see overviews below). These sessions are not therapeutic, and are not meant to provide private counseling. We are offering our students a safe environment to chat about the everyday stresses of school, friends, athletics, extra-curricular activities, etc. We hope these sessions will help them deal with today and prepare them for life after high school?

The **Cameron K. Gallagher Foundation** is a not-for profit organization whose primary objective is to reduce the stigma associated with teenage anxiety and depression and to be a positive force that works to cultivate awareness and understanding. We believe by educating the community, and supporting teens through strategic programming, we can empower teens to Speak Up and support those that may struggle. Learn more at their website: www.ckgfoundation.org.

Minding Your Mind is an organization with similar goals and objectives as the Cameron K. Gallagher Foundation. It has brought the Minding Your Mind program to over 500 schools in the Northeast. To learn more about their organization, visit their website at www.mindingyourmind.org.

I would like to participate in the Minding Your Mind Sessions during lunch:

Student Name- (Print) & Signature- Date

I give my child permission to participate in the Minding Your Mind Sessions during lunch:

Parent Name- (Print) & Signature - Date