



PLEASE JOIN US FOR



OPEN TO
GRADES K-5

kindness & cocoa

A HEARTWARMING WORKSHOP

December 17th 4pm-5pm

Students will join Kristen Perrotti, owner of *Be Well with SEL, LLC* for a one hour workshop designed to help students SHINE this holiday season! Through hands on activities, discussions, and crafts, students will learn mindful techniques to reduce holiday stress, build social awareness by exploring others' seasonal traditions, and learn how to use their "social filters" (think it vs. say it) -a helpful skill when receiving unwanted holiday gifts!

Please note: workshop is drop off only

Location:

Be Well with SEL, LLC
790 Turnpike St., Suite 102
North Andover, MA

Register
NOW

