



BalACLava Elementary School

WELLNESS NIGHT - MAY 1ST 5:30-7:00PM

The Staff and School Council invite your family to participate in our Wellness Night as part of our Spring Open House. These workshops are brought to you by our Parents Reaching Out Grant.

Art under the Pavillion - Chris Francis

1st session 5:45-6:15

2nd Session 6:30-7:00

Children's Author, Illustrator and Teacher Chris Francis will be running art classes designed for you and your child to participate in together. Check out his website: francisart.com

Yoga - Antoinette

6:30-7:00

De La Sol Yoga studio will be running a class that you and your child(ren) can participate in together.

Location: Outside on grass if weather permits. Otherwise, we will move to the gym. Feel free to bring a yoga mat/towel. They will not be provided.

Emotional Coaching - Marlene Traficante (MSW)(RSW) *

6:30-7:00 - classroom/location to be provided

Do you find yourself avoiding your child's strong emotions in order to keep things from getting worse? You are not alone. Parents often find it challenging to navigate the confusing world of their child's emotions and yet we know that avoiding emotions can contribute to mental health problems. This session will introduce you to a simple and practical emotion-processing skill that you can implement immediately in order to support your child and strengthen your relationship.

Building Resilience - Brad Spielmacher - Resilience Coach*

5:45-6:15 - classroom/location to be provided

Do you find you're exhausted by the end of the day? Do you fear you aren't able to give your family 100%? Brad will give us tips and tools to be more resilient through the chaos of our daily lives and help us find ways to be more present and engaged for our families.

*These sessions are suggested for parents only. However, if you need to bring your child, please feel free to do so.