

To Be Healthy as a Whole,



Mental Wellness Plays a Role
Bollman Bridge Elementary School

WELLNESS RESOURCE FAIR

MAY 13, 2019 6:00-7:30P
BOLLMAN BRIDGE ELEMENTARY SCHOOL
CAMPUS

Join us at BBES for a night of Wellness. We will have parent presentations, engaging workshops, and vendor resources for children and families.

This is a child friendly event.

Spanish and Chin interpreters will be in attendance.

This is an open-house event but workshops require prior registration.

**ALL HOWARD COUNTY PUBLIC SCHOOL STUDENTS AND
PARENTS ARE ENCOURAGED TO ATTEND.**

MINI-SESSIONS FOR PARENTS/CHILDREN EXPLORING:

Mindful Coloring, Yoga, Calm Down Jars, Mindful Breathing & Bubbles, Mindful Lotion Application

RSVP at: <https://bbeswellnessresourcefair.weebly.com/>

PRESENTING ORGANIZATIONS INCLUDE:

NAMI Howard County

Dr. Neda Gould, Director of Mindfulness Programs at JHMI

Innovative Therapeutic Services

HopeWorks Howard County

Howard County Mental Health Authority

National Family Resiliency Center

FIRN (Foreign-Born Information and Referral Network)