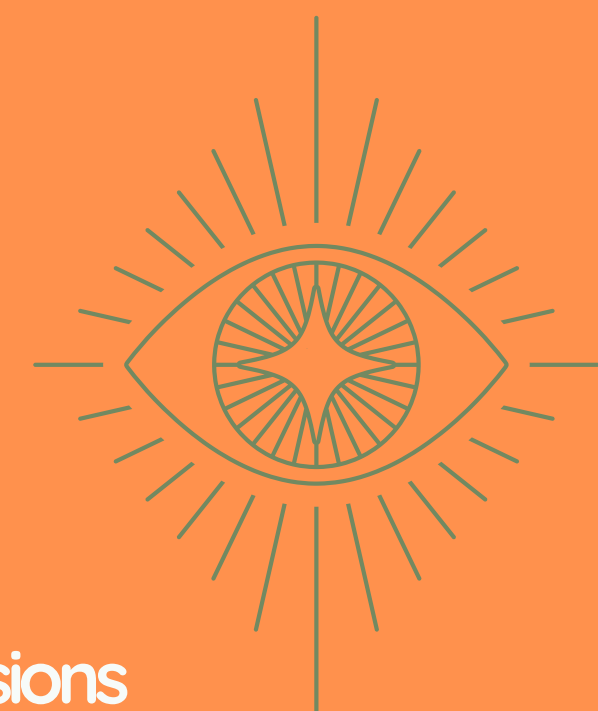




NYCODE
Community School District 10
Parent Cohort Team
Presents



Brain Power Wellness: District 10 Cohort Parent Weekly Mindfulness Sessions

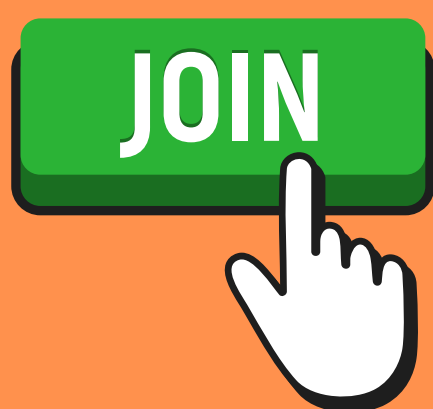
Next session is Friday, January 22, 2021, at 5:00 PM

Relax your Mind, Body & Soul!

Link for All Friday Sessions:
Join Zoom Meeting



<https://us02web.zoom.us/j/82895290484?pwd=dDd5YTdBMjRUbE95bzlmM2FHbWRJQT09>



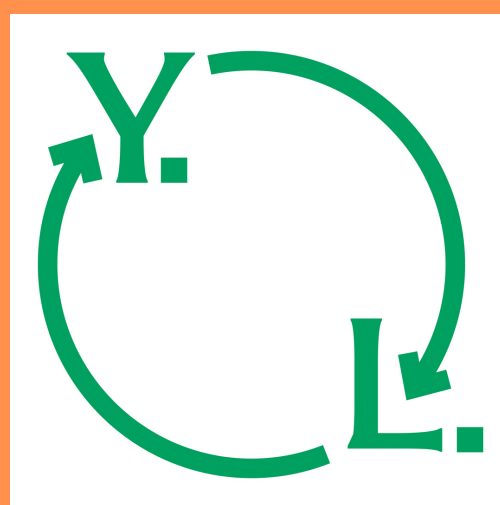
Meeting ID: 828 9529 0484

Passcode: 334681

One tap mobile
+19292056099,82895290484#,,0#,334681# US (New York)

These sessions are weekly, If you miss one join us the following week!

Friday Sessions
Jan 22nd: 5:00 PM
Feb 5th: 5:00 PM
Mar 5th: 5:00 PM
Apr 9th: 5:00 PM
Apr 23rd: 5:00 PM
May 7th: 5:00 PM
May 21st: 5:00 PM
June 4th: 5:00 PM
June 18th: 5:00 PM

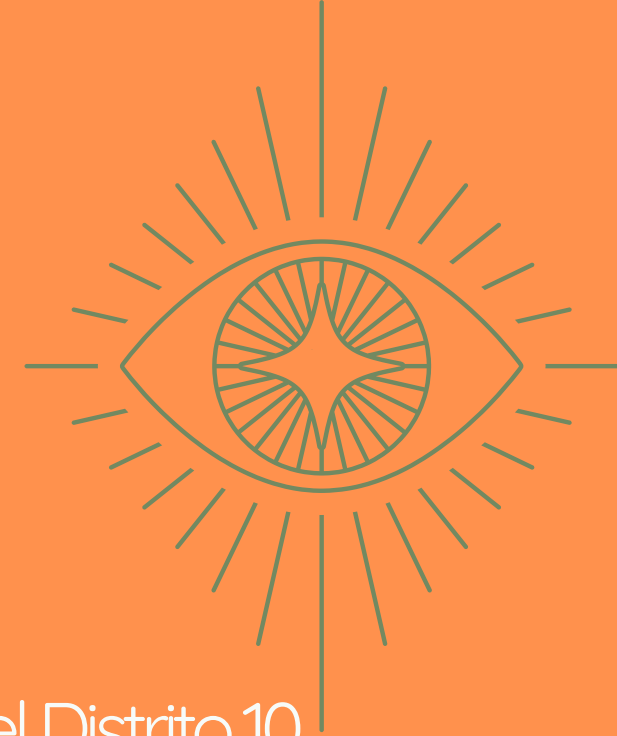


BRAIN POWER
WELLNESS

CONTACT
PARENT COORDINATOR
MS.MONTAÑEZ AT
203 538-9451 FOR DETAILS



NYCODE
Distrito escolar comunitario 10
Equipo de cohorte de padres
Presenta



Brain Power: Sesiones semanales de atención plena para padres de la cohorte del Distrito 10

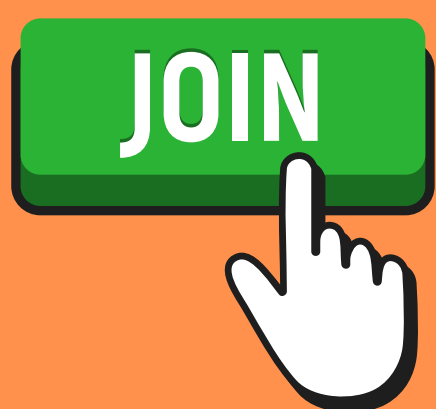
La próxima sesión es el **Viernes 22 de Enero de 2021, a las 5:00 pm**

¡Relaje su mente, cuerpo y alma!

Enlace para todas las sesiones de los viernes:



<https://us02web.zoom.us/j/82895290484?pwd=dDd5YTdBMjRUbE95bzlmM2FHbWRJQT09>



ID de reunión: 828 9529 0484

contraseña: 334681

un toque móvil

+19292056099, 82895290484#„0#„ 334681# US (New York)

Estas sesiones son semanales. Si te pierdes una, júnete a nosotros la semana siguiente!

Horario para los Viernes

Enero 22nd: 5:00 PM

Feb 5th: 5:00PM

Marzo 5th: 5:00 PM

Abr 9th: 5:00 PM

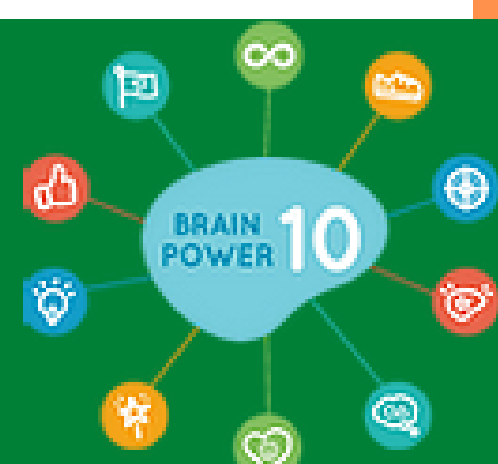
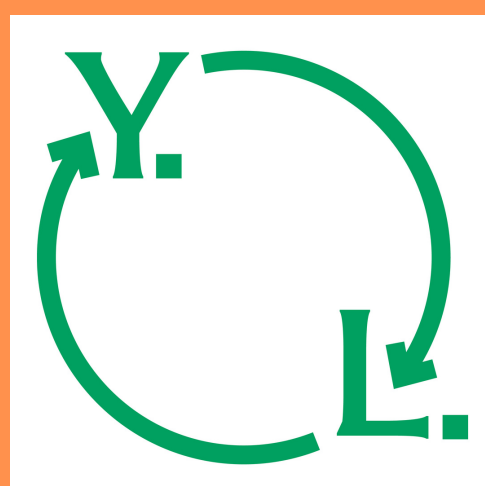
Abr 23rd: 5:00PM

Mayo 7th: 5:00 PM

Mayo 21st: 5:00 PM

Junio 4th: 5:00 PM

Junio 18th: 5:00 PM



BRAIN POWER
WELLNESS

Contacto
Coordinador de padres
Sra. Montañez

203 538-9451 PARA MÁS
DETALLES



NYCODE
Community School District 10
Parent Cohort Team
Presents



Brain Power Wellness: District 10 Cohort Parent Weekly Mindfulness Sessions

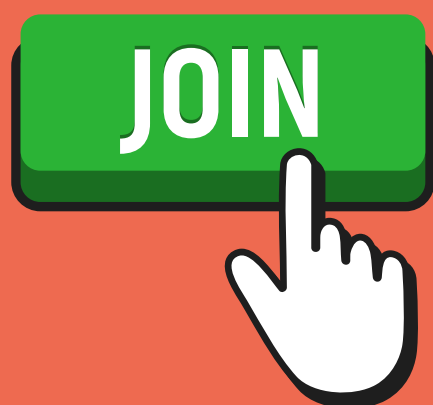
Next session is Wednesday, January 13, 2021, at 5:30 PM

Relax your Mind, Body & Soul!

Link for All Wednesday Sessions:
Join Zoom Meeting



<https://us02web.zoom.us/j/87343927429?pwd=ZjljejlTWXBEM0ludVYzM0ZucDhiQT09>



Meeting ID: 873 4392 7429

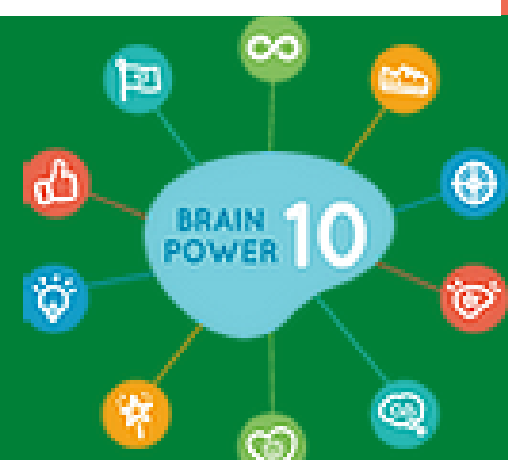
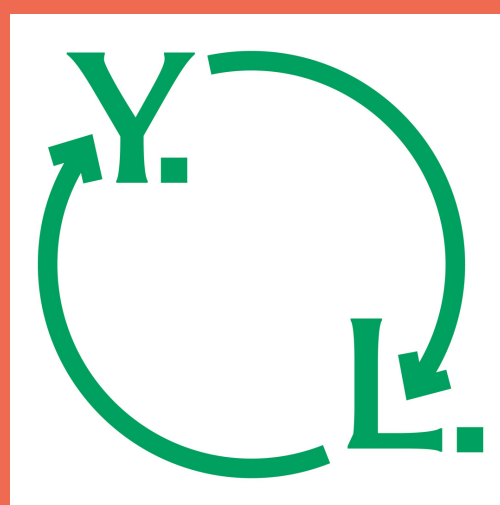
Passcode: 742928

One tap mobile
+19292056099,,87343927429#,,0#,,742928# US (New York)

These sessions are weekly, If you miss one join us the following week!

Wednesday Sessions

Jan 13th: 5:30 PM
Jan 27th: 5:30 PM
Feb 10th: 5:30 PM
Feb 24th: 5:30 PM
Mar 10th: 5:30 PM
Mar 24th: 5:30 PM
Apr 14th: 5:30 PM
Apr 28th: 5:30 PM
May 12th: 5:30 PM
May 26th: 5:30 PM
June 9th: 5:30 PM
June 23rd: 5:30 PM



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CONTACT
PARENT COORDINATOR
MS.MONTAÑEZ AT
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NYCODE
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Equipo de cohorte de padres
Presenta



Brain Power: Sesiones semanales de atención plena para padres de la cohorte del Distrito 10

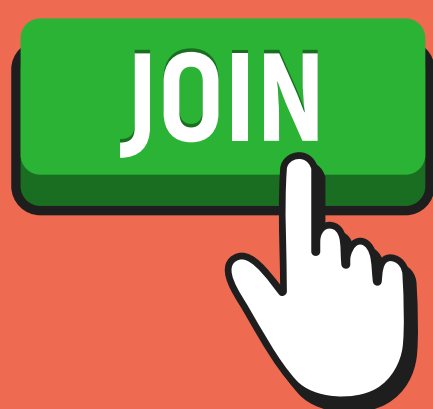
La próxima sesión es el **Miércoles 13 de Enero de 2021 a las 5:30 pm**

¡Relaje su mente, cuerpo y alma!

Enlace para todas las sesiones de los viernes:



<https://us02web.zoom.us/j/87343927429?pwd=ZjljejlTWXBEM0!ydVYzM0ZucDhiQT09>



ID de reunión: 873 4392 7429

contraseña: 742928

un toque móvil

+19292056099,,87343927429#,,,,,0#,,742928# US (New York)

Estas sesiones son semanales. Si te pierdes una, júnete a nosotros la semana siguiente!

Horario para los Miércoles
enero 27th: 5:30 PM

Feb 10th: 5:30 PM

Feb 24th: 5:30 PM

Mar 10th: 5:30 PM

Mar 24th: 5:30 PM

Apr 14th: 5:30 PM

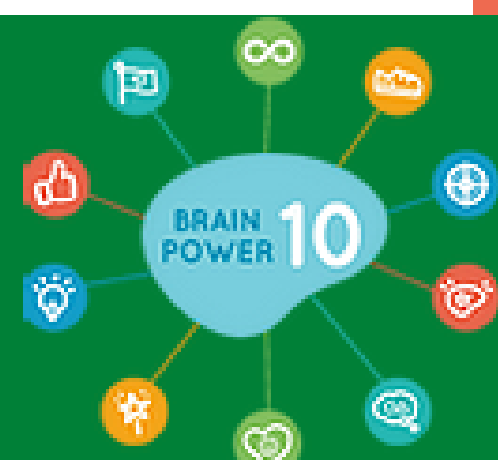
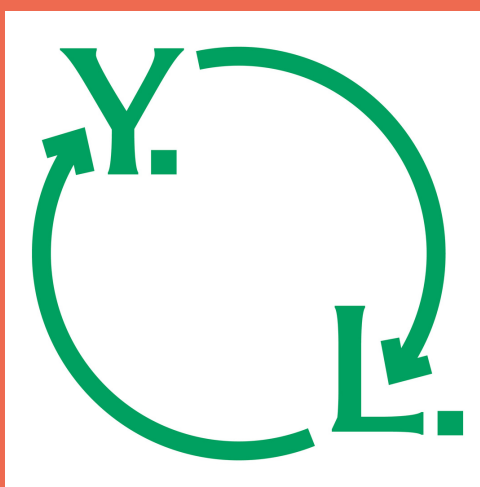
Apr 28th: 5:30 PM

Mayo 12th: 5:30 PM

Mayo 26th: 5:30 PM

Junio 9th: 5:30 PM

Junio 23rd: 5:30 PM



BRAIN POWER
WELLNESS

Contacto
Coordinador de padres
Sra. Montañez

203 538-9451 PARA MÁS
DETALLES