## Septemeber-Week1

MONDAY

31

### MENTAL HEALTH MONDAY

Join the Dr. Kenia Hameed
for tips on how to
organize to go back to
school in person or
remotely!

CHILD MIND®

TUESDAY

VIRTUAL ESL CLASS

ESL Students who started in March, please join us virtually online for continued



WEDNESDAY

VIRTUAL LEARNING

HOW-TOS FOR PARENTS

Tune in to view some helpful video tutorials on how to navigate through online tools

THURSDAY

6 EASY DIY DESK ORGANIZER

Tune in to see some hacks for organizing your kids desk for back



FRIDAY

WALKING TACOS & FROZEN
FRUIT CUPS

Tune in to learn how to make some walking tacos fr lunch and Chilled Fruit Cups for dessert!



Tune into our
Facebook page
on these dates
and times to
enjoy some
virtual family
activities!





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### September Week 2

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virtual family
activities!

### Monday 7th

Mental Health Monday

Learn what support groups are available for free!



### Tuesday 8th

Virtual ESL

Join us virtually for continued ESL class



### Wednesday 4th

Kids Craft





### Thursday 10th

### back Astooi school

Going back to school may be different but it doesn't have to be stressful with these helpful tips



### Friday 11th

Dinner Recipe

Looking to mix things up for dinner? We have an interesting recipe to share





# September-Week 3

Monday 14

Morning Affirmations

1 am **Stronger**Than my strongest **Excuse** 

Thursday 17

Tuesday 15

Virtual Learning How-tos

Tune in to view some helpful video tutorials on how to navigate through online tools



Wednesday 16

Hispanic Heritage

Cooking Series

Tune in to see how you learn to cook an array of dishes from different Hispanic countries!

Friday 18

Morning Affirmations



Today is the future 1 created yesterday.

Duct Tape Rose Pen

Tune in to see some back to school crafts this week we will be learning how to make duct tape rose pen!

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# September Week 4

Tune into our Facebook page on these dates and times to enjoy some virtual family activities!

### **MONDAY 21ST**

#### **Press Pause**

Life can be
overwhelming. So
much to do with so
little time. Learn some
tips for dealing with
life's demands



**TUESDAY 22RD** 

### THURSDAY 24TH

### Decorate for fall

Start decorating for fall with an easy DIY you can do with the kids





### FRIDAY 25TH

### **Dinner Recipe**

Looking to mix things up for dinner? We have an interesting recipe to share!

