



*The Community Coalition for Children*

*Wellness Intergenerational Conference October 31, 2018*

***High School Student Workshop Choice Form***

*Please have all students attending the conference complete this form and return it to Marissa Kach at [MKach@salem.cen.ct.gov](mailto:MKach@salem.cen.ct.gov) no later than October 19th. Workshop choices will be on a first come first serve basis. We will do our best to give you your top choices. Please Print*

*Name \_\_\_\_\_ School \_\_\_\_\_*

*Name of Adult Attending with Student \_\_\_\_\_*

*Email of Adult Attending with Student \_\_\_\_\_*

*Please mark your 4 top workshop choices for each session with number 1 being your top choice and number 4 being your last choice.*

<b>Session #1 10:30 – 11:20</b>	<b># of Choice</b>	<b>Session #2 11:30 – 12:20</b>	<b># of Choice</b>
Gender 101 : What is Gender?		Healthy Relationships	
#I Am Who I Am		Wake Up! Stand Up! Speak Up!	
The Struggle is R.E.A.L.		Building your Toolbox: A Discussion of Coping Skills and Self Care	
Stress Management / Breathing		Curiosity : A Catalyst for Quantum Leaps	
Getting in the “Flow” : Embracing Challenge in the Pursuit of Progress (and Happiness)		Reduce Anxiety / Stress Management	
No Artificial Flavors: A REAL LIFE TALK about this thing we call WELLNESS		Social Eyes Together	
Yoga		I Want to Be Heard	
Labyrinth Walking Meditation		QPR – Question, Persuade, Refer : Helping to Save Lives	

*Return to Marissa Kach at [MKach@salem.cen.ct.gov](mailto:MKach@salem.cen.ct.gov)*

*By October 19, 2018*