



The Community Coalition for Children

Wellness Intergenerational Conference October 31, 2018

Middle 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 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.

Session #1 10:30 – 11:20	# of Choice	Session #2 11:30 – 12:20	# of Choice
Gender 101 : What is Gender?		Healthy Relationships	
Your Mental Health Matters		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		How Social Media Imposes Limitations On Females in Our Society (Female Only)	
Getting in the “Flow” : Embracing Challenge in the Pursuit of Progress (and Happiness)		“Being Yourself” : Pressures for Society that Keep Males from Sharing Their Feelings (Male Only)	
No Artificial Flavors: A REAL LIFE TALK about this thing we call WELLNESS		Curiosity : A Catalyst for Quantum Leaps	
Yoga		Reduce Anxiety / Stress Management	
Labyrinth Walking Meditation		Social Eyes Together	
I Want to be Heard		QPR – Question, Persuade, Refer : Helping to Save Lives	

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By October 19, 2018