



CASC

FIRST ANNUAL VIRTUAL

SELF CARE NIGHT

January 5, 2024 at 7-8:30 P.M.

Section 1

- 20 MIN. KEYNOTE SPEAKER
 - KEYNOTE WILL BE REVEALED SOON!

Section 3

- WORKSHOPS PT. 2! ~ 20 MIN.
 - THERE WILL BE 3 WORKSHOPS TO CHOOSE FROM
 - HOW TO BALANCE SCHOOL AND LIFE
 - HOW TO SET UP ZEN SPACES
 - INTRODUCING...YOUTH PEER SUPPORT !

Section 2

- WORKSHOPS! ~ 20 MIN.
 - THERE WILL BE 3 WORKSHOPS TO CHOOSE FROM
 - HOW TO HOST AN EXAM PARTY
 - MEDITATION MAYHEM
 - 5 WORDS

Section 4

- MENTAL HEALTH HUDDLE ~ 20 MIN
 - SHARE YOUR IDEAS FOR MENTAL HEALTH RESOURCES IN THE MENTAL HEALTH HANDBOOK!

any questions contact
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**CLICK HERE
TO REGISTER**