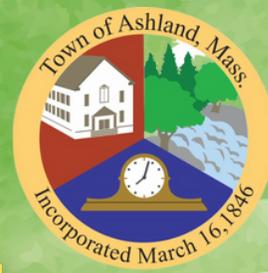


Join us for a night of family friendly Mental Health fun.



**Friday, May 12th**

**5:30pm-7:30pm**

**Ashland Community Center**

**Ashland Kids - Grades K-5**

*Youth Caregiver must be present & are encouraged to participate!*

**Register Here: 90 person capacity**

[https://docs.google.com/forms/d/e/1FAIpQLSdn4ADJUtdPQtaFJYArvQMSSnzn](https://docs.google.com/forms/d/e/1FAIpQLSdn4ADJUtdPQtaFJYArvQMSSnznCc3m7rFRQYL-4ryHd0QY1w/viewform?usp=sharing)

[Cc3m7rFRQYL-4ryHd0QY1w/viewform?usp=sharing](https://docs.google.com/forms/d/e/1FAIpQLSdn4ADJUtdPQtaFJYArvQMSSnznCc3m7rFRQYL-4ryHd0QY1w/viewform?usp=sharing)



### Activities Include:

- Viewing of the Disney Pixar film "Inside Out" (run time 1:35)
- Stress Putty
- Emotion bead bracelet making
- Sensory Corner and focus fidgets to bring home.
- Mental Health coloring pages
- Conversation with Youth about why emotions are important.
- Resources for Adults about how to talk to your child about Mental Health.



Email [Eliza.Dodge@AshlandDecisions.Org](mailto:Eliza.Dodge@AshlandDecisions.Org) with Questions