

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/1FAIpQLSdn4ADJUtdPQtaFJYArvQMSSnznCc3m7rFRQYL-4ryHd0QY1w/viewform?usp-sharing>

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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 with Questions