



Healthy Minds, Healthy Kids

April 29, 2024 @ 7:00 PM



Hello!

NMES PTA is excited to announce our upcoming event, "Healthy Minds, Healthy Kids!" on Monday, April 29th at 7:00 pm. It's all about understanding your child's unique behaviors and helping them navigate their world.

We will have activities for your children while you have an opportunity to ask questions and receive helpful tips and advice from our special speaker, Mandi Kearney, LCPC, ADHD-CCSP.

With her vast experience in working with children in school and home settings, she's well-equipped to help us understand the difference between what's normal and what's not. She aims to help children feel seen, heard, and understood, while also helping parents manage and understand their child's behavior.

For kids 5 years old and above, we have a fun-filled session of Mindful Yoga led by Kelly Jarvis from Fit2Shine Studio. They will enjoy learning mindfulness skills, self-calming techniques, and stress relief methods while having fun!

For our youngest kids under 5 years old, we have a special session in Ms. Woods' Music Room. Our volunteers will engage them in mindful activities and movement, perfect for winding down after a busy day.

We hope to see you there for an evening of learning, fun, and growth!

Follow the link to RSVP! [→ RSVP Now!](#)

Healthy Minds, Healthy Kids Sponsors

