



Back to School Survival Workshop

Date: Tuesday, August 19

Place: Mile Post School

210 Mendon Road

Time: 9:00-10:030am

No Fee To Attend

In this workshop, students in grades 1-8 will learn ways to get back into the swing of school. Led by a licensed social worker, we will focus on getting into a routine while learning the importance of healthy habits. We will discuss school transitions such as elementary to middle school and middle to high school.

**Please RSVP to Loraine Young, LCSW-R at:
lyoung@pittsfordyouthservices.org**

*In your RSVP please provide the following:
Parent's name, child's name, age and school
Please also include contact email and phone number*