

Dear Students and Families,

We hope this message finds you well. We are writing to inform you about the latest updates regarding our student wellness resources.

New Counseling Services

Starting this semester, we are pleased to announce the addition of new counseling services, including telehealth options for remote students.

Wellness Workshops

In an effort to promote mental health awareness, we will be hosting a series of wellness workshops. Please check the school website for the schedule and registration details.

24/7 Support Line

Our 24/7 support line is now operational. Students can reach out anytime for immediate support or guidance.

Resources Available

- Mindfulness and Stress-Reduction Programs
- Nutritional Guidance and Support
- Peer Support Groups

We encourage all students to take advantage of these valuable resources. Your mental and emotional well-being is our priority.

Warm regards,

Your School Wellness Team