



AMHERST CENTRAL
FAMILY SUPPORT
CENTER

**Join us virtually for our “LAST” FIRST TUESDAY of
the 2020-21 school year from 5pm - 6pm!**

- Get support from other parents
- Learn about community resources
- Useful tips for managing our stress during COVID 19



June 1, 2021:

Meet with our very own Mrs. Molly Evarts, a certified yoga instructor, as she demonstrates real life tips on mindfulness and yoga to use in these stressful times.

Make sure you have a piece of fruit to talk about mindful eating and a pen and paper - don't worry you can practice our techniques with camera off:)

REGISTER NOW:

https://zoom.us/meeting/register/tJAfuyojMphNEPnr5832Q_xUAXEObXI8_6