

PARENT SUPPORT

WE WALK TOGETHER

ATTENTION PARENTS OF
CHILDREN WITH SPECIAL NEEDS,
IEPS, GIEPS, AND 504 PLANS

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. WHEN WE ARE BETTER, OUR CHILDREN DO BETTER.

WE INVITE PARENTS TO TAKE A BREAK TO WALK OUTSIDE, ENJOY THE COUNTRY, AND TALK WITH OTHERS WHILE BUILDING YOUR SUPPORT NETWORK IN YOUR COMMUNITY.

SCAN THE QR CODE OR EMAIL MS. SAMANTHA NORRIS TO REGISTER FOR THE WALK.

WEAR COMFORTABLE SNEAKERS AND BRING A WATER BOTTLE.

ON APRIL 20TH FROM 9-11 AM AT
OCTORARA JR & SR HIGH SCHOOL
TRACK

RAIN DATE: APRIL 27TH 9-11 AM

