



NOVA MIDDLE SCHOOL PRESENTS...

Title 1 Parent and Student Workshop

Heart to Heart

Come out and enjoy afternoon treats with your scholar on this day of love and healing while learning:

- * Strategies for effective communication
- * How to create self-care plans
- * Stress management strategies



SPECIAL GUEST
CRYSTYN WRIGHT

**14TH
FEB**

**TIME
1:00PM**

REGISTER BY MONDAY FEBRUARY 12TH

[HTTPS://FORMS.OFFICE.COM/R/KQSYUCXKNK](https://forms.office.com/R/KQSYUCXKNK)

