

To Be Healthy as a Whole,



Mental Wellness Plays a Role  
Bollman Bridge Elementary School

# WELLNESS RESOURCE FAIR

**MAY 13, 2019 6:00-7:30P**  
**BOLLMAN BRIDGE ELEMENTARY SCHOOL CAMPUS**

Join us at BBES for a night of Wellness. We will have parent presentations, engaging workshops, and vendor resources for children and families. This is a child friendly event.

Spanish and Chin interpreters will be in attendance.

This is an open-house event but workshops require prior registration. All Howard County Public School students and parents are encouraged to attend.

## **MINI-SESSIONS FOR PARENTS/CHILDREN EXPLORING:**

Mindful Coloring, Yoga, Calm Down Jars, Mindful Breathing & Bubbles, Mindful Lotion Application

**RSVP at: <https://bbeswellnessresourcefair.weebly.com/>**

## **PRESENTING ORGANIZATIONS INCLUDE:**

NAMI Howard County  
Innovative Therapeutic Services  
The Family Institute  
HopeWorks Howard County  
Howard County Mental Health Authority  
National Family Resiliency Center  
...and MANY MORE!