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# MINDFUL ME SERIES

## A JOURNEY TO MENTAL WELLNESS FOR CHILDREN (NURTURING POSITIVE MENTAL HEALTH) PART 1 CKC: HSN

09/05/2024  
6-8PM

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*Participants will recognize strategies to support children's mental health, identify emotional challenges, and implement practical interventions within their classroom and program settings. Participants will discuss ways to equip their program staff and leadership with ways to discover how to foster emotional resilience and healthy development in children for a brighter future.*

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