

Mindfulness Parent Workshop

Tips on how to de-stress yourself

Tuesday, May 5th @ 1:30 PM

Dear PS 201 Families,

Please join Ms. Kally, our mental health consultant, for a calm and relaxing afternoon on **Tuesday, May 5th at 1:30 pm.**

To join the workshop:

You may use your own google account or your child's @ps201.org account to attend this workshop.

Please download the Google Meet App before the meeting.

To join the workshop, click on

<https://meet.google.com/ydq-tbrx-dcm> then click **Join now.**

You can also join us by phone: [\(US\)+1 470-745-0429](tel:(US)+14707450429)

PIN: 627 786 954#

We would also like to hear your thoughts and concerns.

Please email pwang@schools.nyc.gov or text to (917) 794-0002 if you need any assistance.

Thank You.

Pei-Hsia Wang
Parent Coordinator