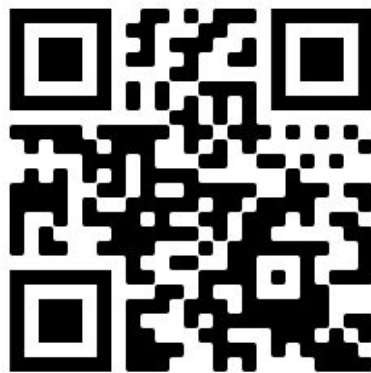


Experiencing stress or worry?

KEEP CALM GROUP

*Join us in learning tools for managing overwhelming stress.
Contact Marisa Diaz (marisa.diaz@smusd.org) or register using the
QR code below.*



<http://bit.ly/smusdgroupsZUZ>

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*Meets on Fridays from 11:50-12:40 for 6
weeks starting Oct. 16th. via Zoom*