



**FOR KIDS  
GRADES 6-8**



**KELLIN**  
FOUNDATION

# CONNECTIONS

## MENTAL HEALTH FOR MIDDLE SCHOOL

Discover Connections, an engaging program by Kellin Foundation for middle schoolers, focusing on essential life skills like self-esteem and coping mechanisms. Join us to empower youth, foster resilience, and promote well-being in a fun and supportive environment.

**MEETS IN-PERSON  
AT KELLIN FOUNDATION  
FOR 3 THURSDAYS  
JULY 10TH, 17TH, & 24TH  
5:30 - 6:30PM**

## WHAT TO EXPECT FROM CONNECTIONS

- ✓ Boost self-esteem
- ✓ Develop social skills
- ✓ Manage Stress
- ✓ Practice Mindfulness
- ✓ Learn coping skills



**To REGISTER  
SCAN QR CODE  
or email  
[erin@kellinfoundation.org](mailto:erin@kellinfoundation.org)**



336-429-5600



4010 Walker Ave, Greensboro



[kellinfoundation.org/connections](https://kellinfoundation.org/connections)