



# WELLNESS WEDNESDAYS

NOVEMBER 18TH

## Mental Skills for Student Athletes

In this interactive workshop participants will define what mental skills are, where and when they can use them, and why we use them in sports. They will also learn more specific skills like: goal setting, self-talk, focus/concentration and mental imagery for use in competition.

**Audience:** Teens (ages 13-18)

**Time:** 7-8PM

Workshop held via ZOOM. Link provided after registration.

**Facilitator:** Cortnee White, LPC, Certified Mental Strength Coach, Certified Personal Trainer, former collegiate athlete and women's football player!

Free fun and engaging workshops, programs, and activities to support the healthy development of the minds, bodies, and spirits of our kids.

DECEMBER 9TH

## Moods & Music

Have you ever wondered why you can hear a happy, upbeat song and then feel great? Or why hearing a family member sing a sweet song to us is so comforting? This workshop will answer these questions and more! We'll explore what anxiety is and how music-related strategies can be used to reduce stress and worries and increase calm.

**Audience:** Tweens (ages 9-12)

**Time:** 7-7:45PM

Workshop held via ZOOM. Link provided after registration.

**Facilitator:** Melissa Alford-Snyder, M.Ed., LPCC

Pre-registration is required at [bit.ly/nynwellness](https://bit.ly/nynwellness)

Check often for program additions to the schedule by visiting [northvilleyouthnetwork.org](https://northvilleyouthnetwork.org)!

