



WELLNESS WEDNESDAY

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

JANUARY 20TH

Sound Sleepers: Bedtime Strategies for Anxiety

Just like adults, little minds often experience extra worrying when trying to wind down from the day and drift off to sleep. This workshop is ideal for little learners who have an interest in understanding what anxiety is, why it can increase at bedtime, and what strategies can be used to reduce or eliminate bedtime anxiety to ensure a good night's sleep. Parents welcome, too!

Audience: Littles (ages 5-8)

Time: 6-6:30PM

Workshop held via ZOOM. Link provided after registration.

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

Pre-registration is required at bit.ly/nynwellness

Check often for program additions to the schedule by visiting www.northvilleyouthnetwork.org!