

SAVE THE DATE



April
19

Healthy Sleep Habits



Virtual

- The importance of good sleep patterns
- Strategies to reset sleep routines

May
4

Social Media & Cyber Safety



Virtual

- Internet safety tips for parents
- Q&A with student panel

May
18

Substance Use & Prevention



Virtual

- Connections between substance use and mental health
- Strategies for family conversations

May
30

Summer Book Tasting

- Chelsea District Library Summer Kickoff!
- [Sign up here](#)



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RSVP

at this [link](#) to register.

More information
to follow!