

WELLNESS SERVICES AVAILABLE

at our school



**Feeling anxious or
overwhelmed?**

**Need someone
to talk to?**

Our school's Wellness
Specialist is here for you.

**MEET YOUR
WELLNESS
SPECIALIST**

Name: _____

Room Number: _____

Phone Number: _____

Email: _____

Services are offered in partnership with:



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Services are offered in partnership with:



800-438-1772 | ChristianFamilySolutions.org



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**If you're anxious, stressed,
or just need to chat,
our school's Wellness
Specialist is available to
support you.**

Drop by and let's talk!

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**Everyone needs
support sometimes.**

Our school's Wellness Specialist offers a safe,
confidential space to talk about what's on your mind.

**Reach out and take the first step
towards feeling better.**



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