

Start the School Year Off Right:

Sessions for Middle and High School Students and Their Parents on Monday, September 11th

Conshohocken United Methodist invites you, your students, and their families to participate in **Start the School Year Off Right: Sessions for Middle and High School Students and Their Parents on Monday, September 11th.**

The sessions are being led by Amber Lynn Connell, MA, Licensed Professional Counselor and Clinical Supervisor at The Welcome Project PA Therapy Program. Dinner at 6PM. Programming begins at 6:30PM. Childcare is available for younger siblings.

- Middle and high school students are invited to connect with others about starting the school year off right. The program will include a discussion of habits, routines, coping skills, and peer support guides for making this school year easier and more successful than ever. Participants will also leave with their very own mantra card - a reminder to persevere when things get tough. **Signup:** <https://bit.ly/3KFN2ER>
- Parents of middle and high school students are welcome to join a group discussion and Q&A about supporting their kids in starting the school year off right. The discussion will focus on topics such as creating before and after-school routines, managing transitions, expectation, and boundary setting, ensuring kids are busy but not overscheduled, and tips for communicating with teachers. **Signup Here:** <https://bit.ly/445S6Jy>

Questions? Contact Pat Patterson (610) 828 1250 OR youthconnection@conshyunitied.com OR Admin@conshyunitied.com