

“Warm Hellos” Workshop

(For ages 10-24)

Embrace the beginning of the school year with Warm Hellos!

Join us for a heartfelt workshop designed to help youth navigate the emotions that come with starting a new school year, through fun and engaging activities.

Together, we'll:

- **Recognize and Validate Feelings:**

Understand and express emotions tied to transitioning to a new grade.

- **Reflect on Growth:**

Celebrate the strengths we'd like to continue to improve this year and areas we'd like to challenge ourselves in with an optional share circle.

- **Set Aspirations:**

Create fun posters with your aspirations and dreams for the new school year!

- **Prepare for the Future:**

Practice a guided meditation to help create a positive mindset about the year!



For more information or to register, scan the QR below:



When, Where, and Who!

When: September 10, 2025, from 4:30-6pm

Where: 489 E 153rd St. Bronx, NY 10455

Who: Led by YPA-C Emma Adler and the Safe Pathways team!



For more information, please contact Melinda Wong, Program Coordinator

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