



# PATHWAY HIGH

## MyWellness & Creative Coping

Students Sharing Stories About Developing Ownership Over their Wellbeing

*Will you join us?*



**WEDS., OCTOBER 4TH  
6:00 – 7:30 PM**

Recommended ages: 12 – high school  
Attendees 12 – 15 years old must attend with an adult. It is recommended that all attendees bring a parent or caregiver.

### What is MyWellness & Creative Coping?

As a UWM authorized charter high school, Pathways High has some innovative, non-traditional classes. Creative Coping is a Pathways High MyWellness seminar where students research, practice, and share coping strategies to help mitigate and prevent mental health challenges. Learn how some Pathways High students have been focusing on their wellbeing. Time for Q & A will follow a brief presentation.

### Where: Hartland Public Library

Ice Age Trail Room

110 E Park Ave, Hartland, WI 53029

### When: Oct. 4th, 6:00 – 7:30 pm

Free and open to the public, please RSVP using the QR code at right

### More Info:

Contact Kristin Schultz,  
kellnerg@al@yahoo.com



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