



# IT'S OKAY TO ASK FOR HELP

Feeling stressed and overwhelmed?

Join us for a  
Wellness Workshop  
on  
Stress & Anxiety  
January 20 at 6:00 PM

PARTICIPANT  
GIVEAWAYS & MORE

[MEETING LINK TO JOIN](#)

ALL PARENTS AND FAMILIES ARE WELCOME

Hosted by C.H. Gullatt Elementary  
in Partnership with  
Family Ties, Inc.