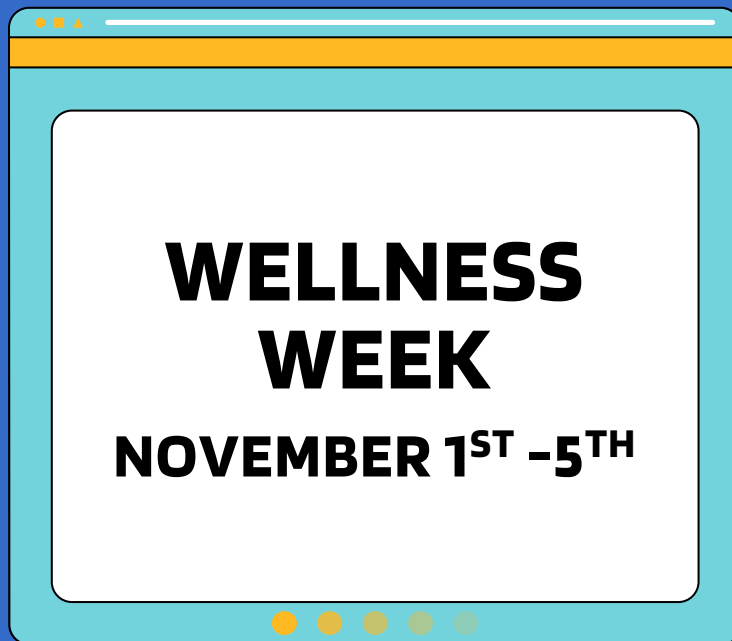


# ALTUS SCHOOLS



## CLICK TO JOIN VIRTUAL WORKSHOPS



### Mindful Monday: Mindful Art

12:00 PM -12:45 PM  
Meeting ID: 913 7483 7195  
Passcode: 1234



### Try It Tuesday!

12:00 PM -12:45 PM  
Meeting ID: 939 5753 4800  
Passcode: C1fpG9



### Wellness Wednesday: Positive Self Talk

12:00 PM -12:45 PM  
Meeting ID: 935 7435 5768  
Passcode: Wellness



### Counselor Chat Thursday

12:00 PM -12:45 PM



### Fun Friday: Taco Recipe Fun!

12:00 PM -12:45 PM  
Meeting ID: 233 611 3019  
Passcode: d2risc

