

IMMACULATE CONCEPTION YOUTH MINISTRY

spring into **WELLNESS**

Sunday, March 14th 2:00-3:00

High School Yoga - Dwyer Hall

led by Dina Jenks, Parishoner & Yoga Instructor

RSVPs required. Space is limited. Open to all 9-12th graders.

Bring your own mat and water bottles. Masks must be worn during yoga.

Wednesday, March 17th 6:30-7:30

Dr. Kevin Antshel, PhD

"Supporting Teenager's Mental Health During COVID-19."

RSVP required for in person attendance (in Church) and to receive livestream information. Open to all parents, grandparents and caregivers of youth and teens in our parish.

Sunday, March 21st 6pm

Family & Friends Virtual Trivia Night

RSVP to receive log in information

Wednesday, March 24th 6:30-7:30

Chris Spilka, Director of Christ the King Retreat House

"Spiritual Wellness for Teens"

RSVP required for in person attendance (in Church) and to receive livestream information. Open to students in grades 7-12.

Registration required for all events at www.icfayetteville.org.

Drawing for door (or computer!) prizes!

Questions? Email santshel@syrдио.org