



BE WELL: POTTERY PAINTING

PEDAGOGICAL FOCUS: WELL-BEING, BELONGING, ENGAGEMENT, EXPRESSION



**Facilitated By:
The Strive Team**

Join this month's Be Well session, where we explore and reflect on all areas of self-care and personal wellness, from the emotional, to the psychological, to the social, physical, and professional too. Be Well is designed specifically for YOU! We recognize the importance of educator wellness and hope to bring a little joy to your day through fun, engaging and reflective activities.

This month, we will be gathering in-person at Crock A Doodle for an evening of fun and creativity where we will be painting pottery and connecting with fellow professionals. Did you know that painting can help to reduce stress, foster mindfulness, and enhance self-confidence!

REGISTER NOW!

London

WHEN?
Thursday, May 30, 2024
6:30 - 8:00PM

WHERE?
Crock A Doodle
671 Wonderland Rd N
London, ON
N6H 0C4

COST?
FREE

Registration closes on May 16th at 12:00PM



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WHEN?
Thursday, June 27, 2024
6:30 - 8:00PM

WHERE?
Crock A Doodle
364 Talbot St
St Thomas, ON
N5P 1B6

COST?
FREE

Registration closes on June 13th at 12:00PM

