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NEWSLETTER

MONTHLY NEWSLETTER
APRIL, 2024



A MESSAGE FROM OUR PROGRAM ADMINISTRATOR

By Jess Monda

“As we embark on another month, it's been an incredible journey witnessing your dedication and perseverance through the existence of the Center for Strength. From the early stages of exploration to the profound moments of growth and healing, each of you has shown an unwavering commitment to your personal journey of resilience and recovery.

As April unfolds and the scent of renewal fills the air, I want to encourage you to take these final days to dive deeper into the resources, support, and connections offered by this program. Your journey towards resilience is not a solitary one, and together, we can continue to uplift and empower one another. Remember, it's never too late to take that first step towards a brighter, more resilient future.

Let's make these last days count, knowing that the seeds of resilience we plant today will blossom into a future filled with hope, strength, and unwavering perseverance.

Thank you for your courage, compassion, and resilience. You inspire us all! ”

Programming - Elementary / Middle School / High School

TRANSITIONING TO COLLEGE: A FOUR WEEK MENTAL HEALTH PREPARATION SERIES
MONDAYS 12:00PM
March 25 to April 15 Seniors



Embarking on the journey to college marks a significant transition in a young person's life, filled with excitement, opportunities, and new challenges. As students prepare to navigate the complexities of higher education, prioritizing mental well-being becomes essential. Our mini-series, "Transitioning to College: A Four-Week Mental Health Preparation Series," offers incoming college students invaluable tools and insights to foster resilience, manage stress, and thrive in their academic pursuits.



with
Devon Edwards

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- Week 1: Cultivating Resilience
- Week 2: Stress Management Strategies
- Week 3: Nurturing Social Connections
- Week 4: Self-Care for College Success

SUPER SMASH BROS.™ TOURNAMENT FINAL



Friday April 26 10AM - 2PM

Join us on April 26th for our Annual and FINAL Super Smash Bros Tournament! We will be hosting two brackets - one for Graduates/High school, and one for Elementary/Middle school. There will be pizza and drinks provided. Prizes for the top players of graduates/hs, middle, and elementary.

Sign up below - slots are limited!

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