#### The Tomorrow Center- We Care Conference

Hi Parents,

On Wednesday May 1, 2019 the Tomorrow Center is having its annual WE CARE Conference during the school day.

Your student will select three sessions out of eight choices in the morning, and then three sessions out of eight choices after lunch.

We carefully considered the needs and interests of our students when designing our breakout sessions. The middle and high school students will be able to choose from the same 16 session choices. Could you look over the list of sessions and if you are opposed to your student attending any session, please call me at the school 419-718-4242 or on my cell phone 740-361-2796 no later than April 26th so I can make sure to fulfil your request. Be sure to leave you and your students names if leaving a message.

Thanks,

Susie Sexton
Family & Civic Engagement Coordinator

# **Breakout Sessions for Morning:**

#### **Choose three**

Recycling- Lindsey Grimm-Morrow County Litter Prevention and Recycling

Military Service-Sgt. Williamson- US Army

Birth Control-Lisa Klingel-MAPP

Human Trafficking- Grace Haven - Stephanie Rollins

The Life and Death Toll of Eating Disorders- Tabitha Albright-Tomorrow Center Parent

Teen Dating Relationships- Robin McNeal-Turning Point

Being a gym owner and MMA fighter- Roc Castricone- Owner Buckeye Fitness Acadamy

Stress, Anxiety and Worry - Mick Mangione- The People Place

## **Breakout Sessions for afternoon:**

## **Choose Three:**

Mindfulness & Sleep – Cearra and Derrick-Syntero

Depression- A Story of Resilience- Michelle Price- HelpLine

College Knowledge- Kristi Butler - MTC

You Are More Valuable Than You Think! - Sandi Williamson & Ann Artrip - Morrow County Board of MRDD

Being an Entrepreneur- Alex Sheridan

Sexually Transmitted Diseases (S.T.D.'s) – Morgan Kocher- Morrow County Health Department

Make Up Done Right-Julie Wick-Mary Kay

Make It Take It Craft- Marilyn Weiler- Headwaters Nature Center