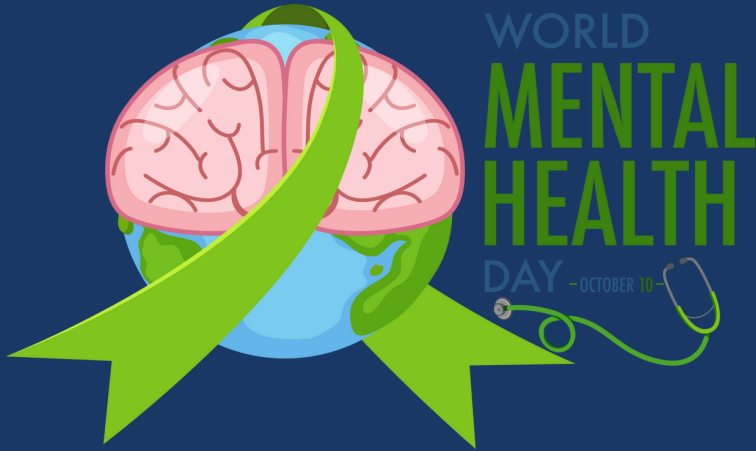




# JVHS Wellness Center Newsletter



Every year On **October 10th** we celebrate **World Mental Health Day**. World Mental Health Day is about promoting wellness and decreasing stigma surrounding mental illness. The Wellness Center is here to offer accessible mental health services to our community.

## OCTOBER

### jTEP: Parent Computer Courses

Every Tuesday & Thursday  
10:00am - 12:00pm  
to register [click here](#)

### Wellness Wednesdays

Open to students Every Wednesday  
during lunch time  
Drop-in basis  
Located in Room #E4

OCTOBER 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Wellness Center Referral  
Form: **For JUSD staff only**



JUSD Virtual Wellness  
Center

