


for tweens and teens
(adults welcome, too!)



Strengthening Your Squad

with Sarah Johnson
from The Joy Labs



Our squad is there to have our back--
on good days and especially on bad days.
In this interactive session, you will learn a bit
about how to be a strong squad member for
others, how to build a strong squad for yourself,
and how to engage some basic strategies for dealing
with tough stuff. We'll get a little art in, too (by a
"little art," we mean mini murals)!



Saturday, Nov. 4
10:00 am - 12:00 pm
Onalaska Library

Registration is recommended and open now. Register online, in person at any of our five locations, or by calling 608.399.3376.

This event is not sponsored or endorsed by any La Crosse County school, including the School District of La Crosse and the School District of Onalaska. (This material is not printed by the school districts.)