

THS FORUM

Presents

Better Me Tuesdays

THS FORUM is sponsoring "BETTER ME TUESDAYS", a FREE 6 Week Virtual Workshop series, for Teaneck Middle and High School Students

JOIN US FOR WORKSHOPS ON:

PHOTOGRAPHY



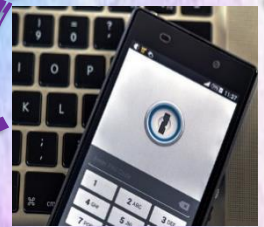
TIKTOK/DANCING



SKINCARE



INTERNET SAFETY



ARTS & CRAFTS



WELLNESS & NUTRITION



Sessions will be held on Nov. 17, Nov. 24, Dec. 1, Dec. 8, Dec. 15, Dec. 22, 2020
Middle School Students meet at 4:00pm
High School Students meet at 5:00pm

Students will also receive a weekly check-in with a FORUM Staff member to work on a "Better Me" self-improvement plan. Workshop kits and incentives will also be provided.

Space is limited. Registration will be handled on a first come, first served basis.
Confirmation email will be sent to those registered only.

For more information: Middle School contact: JPowell@teaneckschools.org or GHidalgo@teaneckschools.org

High School contact: YAcovedo@teaneckschools.org or GHidalgo@teaneckschools.org

Please register at: <https://forms.gle/6xwQWYhKacKz8mCb7>

Funded by the Bergen County Dept. Of Human Services

