


July

The **Base** Summer Series



2020


	Monday	Tuesday	Wednesday	Thursday
<p>Program Mission: To provide intervention and support services to the students of PAHS which include, but are not limited to, counseling services, academic assistance and college prep, and recreational activities.</p> <p>Eligibility: Current PAHS students</p> <p>Cost: Free</p> <p>Hours of Operation: Monday – Friday 9am to 5pm</p> <p>Individual Counseling Services appointment only</p> <p>FAFSA Services appointment only</p> <p>Contact Information: Jennifer Stuart, LCSW Program Director P: 732-654-6373</p> 	6	7	8	9
	<p>Get Your Mind Right! Fixed vs Growth Mindset (Zoom @ 1pm)</p> <p>*Announce Mental Health PSA Contest (IG Post)</p>	<p>How to Reach your GOALS & Kick Butt at LIFE (Zoom @ 1pm)</p> <p>Teen Talk Tuesday (Zoom @ 3pm)</p>	<p>Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm)</p>	<p>Write Your Story! Soundtrack to Your Life Part 1 Design your own Album Cover (Zoom @ 1pm)</p>
	13	14	15	16
	<p>Being a Teen & Self-Esteem (Zoom @ 1pm)</p>	<p>Social Media: Snapchat, TikTok, IG What do they say about me? (Zoom @ 1pm)</p> <p>Teen Talk Tuesday (Zoom @ 3pm)</p>	<p>Finding Your Purpose Workshop/Presentation (Zoom @ 1pm)</p>	<p>Share your story! Soundtrack to Your Life Part 2 Album Release Party (Zoom @ 1pm)</p>
	20	21	22	23
	<p>Teen DATING 101 (Zoom @ 1pm)</p>	<p>Express Yourself through Poetry, Music, Dance Open Mic (Zoom @ 1pm)</p> <p>Teen Talk Tuesday (Zoom @ 3 pm)</p>	<p>Life after High School Alumni College Panel (Zoom @ 1pm)</p>	<p>Mental Health PSA Presentations (Zoom @ 1pm)</p>

August

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	Teen Talk Tuesdays (Zoom @ 3pm)	Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm)	Student-led workshop (Zoom @ 1pm)	Foodie Fridays Cooking Class (IG Live @ 1 pm)
	11	12	13	14
	Teen Talk Tuesdays (Zoom @ 3pm)	Wellness Wednesday (Zoom @ 1pm)	#TBT Movie Day Join us on RAVE to watch (Zoom @ 1pm)	Foodie Fridays Cooking Class (IG Live @ 1 pm)
	18	19	20	21
	Teen Talk Tuesdays (Zoom @ 3pm)	Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm)	Student-led workshop (Zoom @ 1pm)	Foodie Fridays Cooking Class (IG Live @ 1 pm)