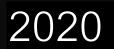
July



The **Base** Summer Series



Monday	Tuesday	Wednesday	Thursday
6	7	8	9
Get Your Mind Right! Fixed vs Growth Mindset (Zoom @ 1pm) *Announce Mental Health PSA Contest (IG Post)	How to Reach your GOALS & Kick Butt at LIFE (Zoom @ 1pm) Teen Talk Tuesday (Zoom @ 3pm)	Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm)	Write Your Story! Soundtrack to Your Life Part 1 Design your own Album Cover (Zoom @ 1pm)
13	14	15	16
Being a Teen & Self-Esteem (Zoom @ 1pm)	Social Media: Snapchat, TikTok, IG What do they say about me? (Zoom @ 1pm) Teen Talk Tuesday	Finding Your Purpose Workshop/Presentation (Zoom @ 1pm)	Share your story! Soundtrack to Your Life Part 2 Album Release Party
	(Zoom @ 3pm)		(Zoom @ 1pm)
20	21	22	23
Teen DATING 101 (Zoom @ 1pm)	Express Yourself through Poetry, Music, Dance Open Mic (Zoom @ 1pm) Teen Talk Tuesday (Zoom @ 3 pm)	Life after High School Alumni College Panel (Zoom @ 1pm)	Mental Health PSA Presentations (Zoom @ 1pm)
	6 Get Your Mind Right! Fixed vs Growth Mindset (Zoom @ 1pm) *Announce Mental Health PSA Contest (IG Post) 13 Being a Teen & Self-Esteem (Zoom @ 1pm) 20 Teen DATING 101	67Get Your Mind Right! Fixed vs Growth Mindset (Zoom @ 1pm)How to Reach your GOALS & Kick Butt at LIFE (Zoom @ 1pm)*Announce Mental Health PSA Contest (IG Post)Teen Talk Tuesday (Zoom @ 3pm)1314Being a Teen & Self-Esteem (Zoom @ 1pm)Social Media: Snapchat, TikTok, IG What do they say about me? (Zoom @ 1pm)2021Teen DATING 101 (Zoom @ 1pm)Express Yourself through Poetry, Music, Dance Open Mic (Zoom @ 1pm)Teen Talk TuesdayTeen Talk Tuesday (Zoom @ 1pm)	6 7 8 Get Your Mind Right! How to Reach your GOALS & Kick Butt at LIFE (Zoom @ 1pm) Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm) *Announce Mental Health PSA Contest (IG Post) Teen Talk Tuesday (Zoom @ 3pm) Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm) 13 14 15 Being a Teen & Self-Esteem (Zoom @ 1pm) Social Media: Snapchat, TikTok, IG What do they say about me? (Zoom @ 1pm) Finding Your Purpose Workshop/Presentation (Zoom @ 1pm) 20 21 22 Teen DATING 101 (Zoom @ 1pm) Express Yourself through Poetry, Music, Dance Open Mic (Zoom @ 1pm) Life after High School Alumni College Panel (Zoom @ 1pm) Teen Talk Tuesday Teen Talk Tuesday Life after High School Alumni College Panel (Zoom @ 1pm)

August

The **Base** Summer Series





		· · · ·			
	Tuesday	Wednesday	Thursday	Friday	
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.	4 Teen Talk Tuesdays (Zoom @ 3pm)	5 Wacky Wellness Wednesday Zumba w/ a twist (Zoom @ 1pm)	6 Student-led workshop (Zoom @ 1pm)	Foodie Fridays Cooking Class (IG Live @ 1 pm)	7
Eligibility: Current PAHS students	11	12	13		14
Cost: Free		12	13		14
Hours of Operation:					
Monday – Friday 9am to 5pm	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)	
Individual Counseling Services appointment only					
FAFSA Services appointment only	18	19	20		21
Contact Information: Jennifer Stuart, LCSW Program Director P: 732-654-6373	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)	