

WEST BOCA HIGH SCHOOL

LET'S TALK OPENLY ABOUT MENTAL HEALTH



Healthy Minds Symposium & Resource Fair

TUESDAY NOV 19TH **2024** 5:30PM-8PM

WEST BOCA HIGH -MEDIA CENTER

12811 Glades Rd., Boca Raton, FL 33498

Join us as we gather to raise Mental Health Awareness to end Stigma through knowledge & a Question Answer session from our Experts in the field.

Learn More about Mental Health & How to help

PANEL DISCUSSION FROM 6-8PM COVERING TOPICS SUCH AS:

- Family life, School Resources, Support and Academic Pressures
- Anxiety, Suicide, Substance Abuse, Health & Wellness

* SERVICE HOURS PROVIDED FOR STUDENTS THAT ATTEND

EVENT SPONSORED BY



<image>

DRAWING ON NOV. 23rd

JOIN IN ON THE

CONTEST

TICKET

63002445

W

B

Ρ

Т

63002445

anyone that joins or renews their membership now through November 22nd will be entered into a raffle to win a \$25 gift card. Three separate categories for faculty, parents/guardians, and students.

A

S

Enter & Join at https://westbocaptsa.memberhub.com/

Share your talents... Expand Your College Resume... Enter the PTSA Reflections Contest!



Use the arts to share your personal Reflections on this year's theme: *Accepting Imperfection...*

Submissions are due to Guidance in the box labeled Reflections or submit via email to <u>westbocareflections@gmail.com</u> by November 22nd!

Volunteers FFDE **OCTOBER & NOVEMBER 2024**

We need help with

- Halloween Treat Handout
- Football Games
- Academy Night
- Spaghetti Dinner
- After School Concession
- and more!

Who

Anyone! Volunteers need to be PTSA paid members for the current SY. Volunteers with the exception of students need to register with the front office. Student Volunteers receive service hours.

Email: wbhptsavolunteers.com