

BUILD YOUR WELLNESS TOOLBOX!

A fun workshop for kids

Join us for an interactive and engaging program where kids learn how to build their very own wellness toolbox!

KIDS CAN EXPLORE HEALTHY COPING SKILLS TO:



Manage big feelings



Handle stress & challenges

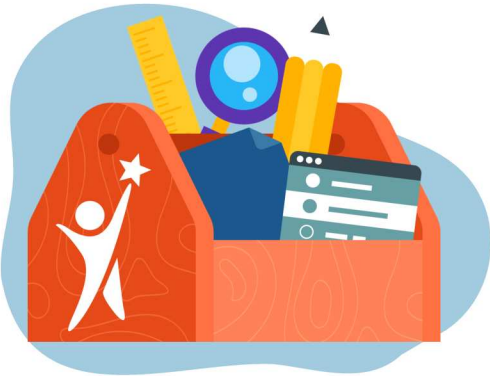


Calm their bodies & minds



Feel confident & supported

Just like a real toolbox, kids will fill theirs with simple tools they can use anytime, anywhere!



WHAT WE'LL DO:

- Learn Healthy Coping Strategies
- Play Fun Activities & Games
- Talk About Feelings
- Practice Calming & Confidence Skills



JOIN US

May 23rd, 2026

10 AM - 11 AM

First Congregational Church of Naples
6630 Immokalee Road
Naples, FL 34119



DLC Wellness Institute
Empowering Families

Flyer Summary

Title: Build Your Wellness Toolbox Event

Summary: Join us for a free, interactive event where kids can build their very own wellness toolbox! Participants will have the opportunity to explore healthy coping skills that help manage big emotions, reduce stress, and promote a sense of calm. Each station will feature engaging activities as children create and personalize their own toolbox—filled with practical tools they can use in their everyday lives to support their well-being.

Event Date: 23 May 2026

Address: 6630 Immokalee Road

Company: David Lawrence Centers for Behavioral Health

Email: ashliea@dlcenters.org

*These flyers are shared for informational purposes and do not represent District-sponsored or District-supervised events.
Sharing these materials does not imply endorsement by Collier County Public Schools.
The purpose of Community Flyers is to connect CCPS families with out-of-school-time community activities and opportunities.*

