

HOSTED BY VICTOR COMMUNITY  
SUPPORT SERVICES

# VIRTUAL AFTER SCHOOL GROUPS

Tuesday, January 19th - Friday March 26th

VICTOR COMMUNITY SUPPORT SERVICES, A YOLO COUNTY NON-PROFIT MENTAL HEALTH SERVICES PROVIDER, IS HOSTING FREE - VIRTUAL - AFTER SCHOOL GROUPS FOR YOLO COUNTY STUDENTS IN ELEMENTARY THROUGH HIGH SCHOOL.



For more details, and group schedule,  
[CLICK HERE](#) to register before January 18th

## OUR GROUPS

**Art Group (Grade K-5)** Craft together each week

**Story Time (Grade K-5)** Read a story that encourages social emotional learning in a fun way

**Mindful Movement (Grade 3-5):** We introduce stretching, breathing, and guided imagery as ways to calm the mind and body.

**Mindfulness for Teens (Middle School/High School):** We introduce mindfulness as a tool to help cope with the stressors that come along with being a teenager

**Adulting 101 (Middle School/High School):** Learn the life skills needed to gain independence and plan your future, during and after high school!

For more details, and group schedule, [CLICK HERE](#) to register before January 18th

# NEW GROUPS 2021!!

**The Talent Show (Grade 4-8):** Explore the poet, writer, & artist in you & share your creations with us!

**The Hacks of Life (Grade 4-8):** Try some of the internet's most popular new life hacks together

**Anime Art Club (Grade 6-8):** Learn about Japanese animation and how to draw it on our own!  
Everyone from beginners to experts are welcome!

**Not So Social Social Club (Grade 6-8):** A virtual space to bring homework, art, books etc. to work on in the company of others. You can chat while you work - or not - it's up to you!

**What's Cookin? (Grade 6-8):** Set up your zoom in the kitchen and learn the basics to cook and bake your favorite snacks.

**\* NEW Parent/Child Group! \***

**Team Cuisine (K-5 students and their guardian):**  
K-5 students and their guardian join us to learn basic cooking & baking skills, and take part in fun teamwork challenges along the way!

For more details, and group schedule,  
[CLICK HERE](#) to register before January 18th