



# After School Groups

**Hosted by:**

**Victor Community Support Services**

**October 12 - November 16TH**

**Victor Community Support Services, a Yolo County Non-Profit Mental Health Services Provider, is hosting FREE online, after school groups for students in elementary through high school.**

***If you or your child is interested in attending one or more of these groups, [click here.](#)***

**REGISTRATION CLOSES:  
OCT 13**



## What will be offered?

**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.

**Adulting 101 (High school/Middle School):** Learn life skills such as laundry, organization, & more

**Mindfulness for Middle Schoolers:** Learn to use breathing, stretching, meditation, and relaxation to help cope with school stress and Covid 19.

**Social Corner (4-12th grade):** In a group catered to you, we'll talk Tik Tok trends, listen to music, watch funny videos, and more

**Music and Movies Club (High School):** A fun club for fans of music and movies...we will learn to share and communicate through our passion for music and movies, and share our favorites.



Questions? Email us:

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