

Pathways



to Wellness

Ashe Campus - Wilkes Community College
and Ashe County Schools
present

Pathways to Wellness Retreat 2024

August 13, 9:00AM - 3:00PM

Sign-in: 8:30 AM

Kent Poe Hall - Mt. Jefferson Community Room

Lite breakfast, lunch and snacks provided.

This retreat will provide invaluable information for our community on relevant mental health information, resilience practices, and keeping children safe.

- ▶ Mental Health, Expressive Arts, and Resilience, with Andi Gelsthorpe, LCSW
- ▶ Darkness to Light Training, which reviews important safety measures to protect children from abuse
- ▶ Fun activities with a focus on resilience and self-care during lunch!
- ▶ Preventing Burnout through positive communication
- ▶ Self-Care for you and your family
- ▶ Online Safety 101 with Ashe County Sheriff's Office
- ▶ Supporting community members and accessing local resources

Local resource providers will be present to provide information on their services.

This retreat is for everyone: professionals, business and community leaders, clergy, educators, first responders, parents, and concerned citizens.

This informative training is provided to our community at no cost thanks to the generous support of Vaya Health and BCBS. CEU's will be available for those who request them. Seats are limited. Registration is required in advance.

For a registration link, please email Harley Nefe at hjnefe045@wilkescc.edu.



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363 Campus Drive • West Jefferson, NC • 336-846-3900 • www.wilkescc.edu