

**HOSTED BY
VICTOR COMMUNITY SUPPORT SERVICES**

VIRTUAL AFTER SCHOOL GROUPS

Monday, April 12th - Friday June 4th

**VICTOR COMMUNITY SUPPORT SERVICES, A
YOLO COUNTY MENTAL HEALTH SERVICES
PROVIDER, IS HOSTING FREE *VIRTUAL*
AFTER SCHOOL GROUPS FOR YOLO COUNTY
STUDENTS GRADES K-12.**



**[CLICK HERE](#) to view the group schedule
and register before April 9th**

OUR GROUPS

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

Story Time (Grade K-5) We read a story that encourages social emotional learning in a fun way - students practice reading to one another!

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

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

Mindfulness for Teens (MS/HS): We introduce mindfulness as a tool to help cope with the stressors that come with being a teenager

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

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NEW GROUPS 2021!!

Game Time! (Grade 4-8): Play virtual games like Family Feud, Pictionary, Kahoot, Trivia and more!

Anime Club (Grade 6-8): If you love anime, join many others like you as we gather to discuss all things anime and draw and share our own anime creations along the way!

Book Club (Grade 6-8): A fun space to read and discuss books of your choice in a variety of genres.

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!

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