

COMING TO THE LAMOILLE VALLEY THIS JUNE:

TIMESWISE

Parents and Caregivers
of 5th-8th graders

We invite you to learn more about the program and how to get involved with your child to help them make the most of their leisure time, prepare for summer, and/or enhance what you are already doing!



healthylamoillevalley.org

TimeWise

Taking Charge
of Leisure Time

Preventing
Substance Use



Welcome Parents and Caregivers!

The TimeWise: Taking Charge of Leisure Time program is designed to help middle school students get the most out of their leisure time by taking increased responsibility for managing what they do. Your child will have an opportunity to:

- Analyze how they spend their time.
- Think about benefits they get out of leisure time.
- Learn ways to avoid boredom.
- Plan for an increase in participation in desired activities with variety and balance.

We Invite You and Your Student to Participate!

We will be launching a hybrid TimeWise Program for the month of June that will include an introductory session, mid and final session (in person or online based on participating family schedules). Families will be offered the full curriculum, parent/caregiver companion and additional resources to engage with the curriculum together.

Email alison@healthylamoillevalley.org by May 27, 2022 if you are interested or have questions.