



the Vashti's House

EMOTIONAL WELLNESS WORKSHOP

The Vashti's House Emotional Wellness Workshop will help you

Identify the worth and value of different emotions so you're not "paying too much" on the wrong things!

Strategize for budgeting your emotional energy to meet your goals and improve internal health, relationships, and overall happiness!

Grow your emotional energy wealth so you have MORE TO INVEST in the causes, people, relationships and activities you love!



*Emotional Wellness isn't
just a luxury for the few*

Your emotional energy is a finite resource but important to have when you need it! Sign up today for a "Vashti's House" experience that will equip you with emotional management skills that will last a lifetime!

Friday, March 10th 2023 • 9am to 12 noon

Broadway Commons- Room 304
1300 Broadway St NE, Salem, OR 97301

Limited free tix available for SKSD employees
To reserve your spot, contact Molly Hood
hood_molly@salkeiz.k12.or.us