

# Utica Cares and Supports WELLNESS

## Students Supporting Students: A Live YouTube Event

May 11, 2021: 7:00 pm

A discussion on how students can assist other students with their social and emotional health. Students providing advice and guidance to their peers.

Good mental health allows children and young people to develop resilience and coping skills as they grow.

*“An arch consists of two weaknesses, which, leaning on each other, become a strength.”*

*- Leonardo da Vinci*

Visit [www.uticak12.org/UCS Wellness](http://www.uticak12.org/UCS_Wellness) for event link

Presentations by:

**Kelly Bronski, UCS Counselor**

**and Utica High School Students:**

**Mary Borus, Natalie Shtogrin and Allison Smith**



**UCSWELLNESS**  
PHYSICAL • MENTAL • SOCIAL

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