

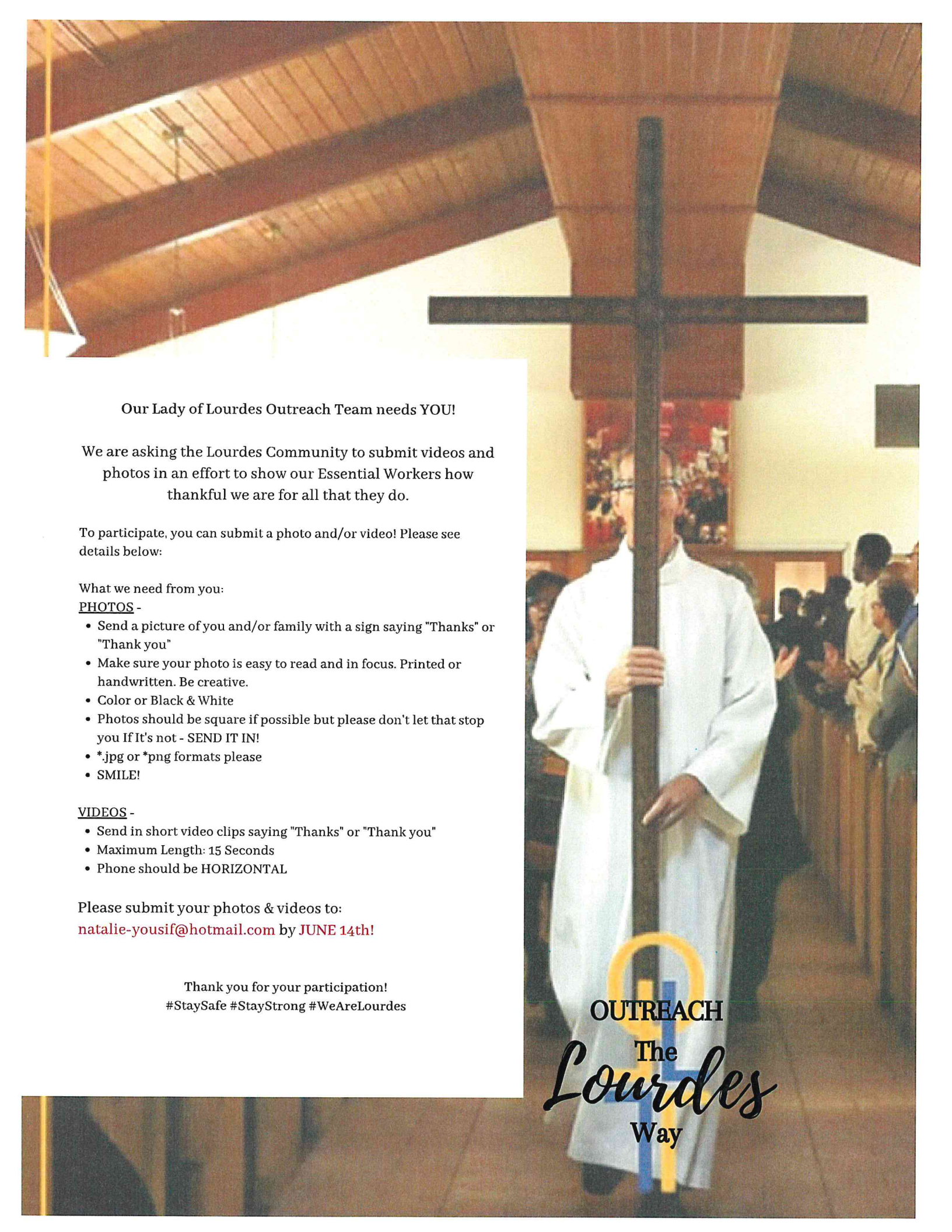
HONORING ATLANTA FIRE SQUAD 4 HEROES



Thank You to Our Essential Workers!

On behalf of the Lourdes Family, The Events Team provided lunch to our local Firefighters Squad 4 as our way of saying Thank You for your bravery during this time of crisis.





Our Lady of Lourdes Outreach Team needs YOU!

We are asking the Lourdes Community to submit videos and photos in an effort to show our Essential Workers how thankful we are for all that they do.

To participate, you can submit a photo and/or video! Please see details below:

What we need from you:

PHOTOS -

- Send a picture of you and/or family with a sign saying "Thanks" or "Thank you"
- Make sure your photo is easy to read and in focus. Printed or handwritten. Be creative.
- Color or Black & White
- Photos should be square if possible but please don't let that stop you If it's not - SEND IT IN!
- *.jpg or *.png formats please
- SMILE!

VIDEOS -

- Send in short video clips saying "Thanks" or "Thank you"
- Maximum Length: 15 Seconds
- Phone should be HORIZONTAL

Please submit your photos & videos to:

natalie-yousif@hotmail.com by **JUNE 14th!**

Thank you for your participation!
#StaySafe #StayStrong #WeAreLourdes

OUTREACH
The
Lourdes
Way



VIRTUAL ANXIETY GROUP FOR KIDS

Are you picking up on your child's symptoms of anxiety? The Covid-19 virus has taken an emotional toll on all of us and our kids are no different. They miss connecting with their friends, they worry, and they don't always know how to cope with what they're feeling. Let us help! We are offering two virtual groups (see details below) led by Tiffany Poke, LCSW, Ed.S. Tiffany has worked with kids both as a school counselor and in private practice for over a decade. Feel free to email us below to schedule a free consultation to ensure this group is the right fit or to inquire about individual sessions.

Group Description:

Our virtual groups will provide children with opportunities to engage in positive social interactions with their peers while learning how to identify their emotions, process their feelings, and develop healthy coping strategies for their worries and fears all through the use of mindfulness and relaxation techniques, positive self-talk, engaging games and play. The kids will create tangible "take home" projects during each group to assist them with managing their worries outside of the group.

START: WEDNESDAY JUNE 3RD
(8 WEEK COMMITMENT REQUIRED)
TIMES: 9:30AM-10:30AM (AGES 7-10)
11:00AM- 12:00PM (AGES 11-12)

Group sessions are \$60 per meeting and limited to only 4 participants so register soon!

To register or to learn more please contact: info@keycounselingatl.com or
call **678-400-9477**

675 Seminole Ave NE, Atlanta, 30307- Virginia Highlands Neighborhood