

Glastonbury Youth & Family Services and
Shine Your Light CT Present:

Freely Express Yourself!

Spring Break Family Engagement Sessions

Tuesday, April 14 from 12pm to 1:30pm
Lunchtime Music & Movement

Engage in musical exploration, dance, rhythm, and movement for K-5 students, focusing on self-expression, confidence, and emotional well-being.
Lunch will be provided! All are welcomed

Thursday, April 16 from 5:30pm to 7pm
Painting & Pizza

To celebrate spring, for youth in 6th grade and up, along with their families, can enjoy guided and freestyle terra cotta pot painting. promoting mindfulness and personal expression.
Dinner will be provided! All are welcomed

**Sessions will take place at:
321 Hubbard St, Glastonbury, CT 06033**

**Ready to register? Scan the QR Code or email
meg@shineyourlightct.org | Space is limited**



SCAN HERE



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