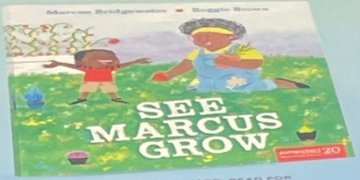


FEB 26TH BROWARD READ FOR THE RECORD

# VOLUNTEER TO READ



**SEE MARCUS GROW**

Join us for Broward Read for the Record on February 26th. Read to children in Broward classrooms.

Children's Services Council  
of Broward County

hazel

## Telehealth in partnership with families from the comfort of home or school

Hazel Health knows a student's family is their first teacher. We believe school families know about their students best when providing care. That's why we partner with families to ensure the best outcomes for their students.

Your student will never receive care without your consent. How we partner with families:

- Parent permission:** We require a signed consent form from parents or guardians before providing care.
- Care at no cost to families:** Our services are provided at no cost to families.
- Visits from home:** Our care is provided from the comfort of your home or school.
- Parent involvement:** We encourage parents and guardians to be actively involved in their child's care.
- Care coordination:** We work closely with your child's school and other healthcare providers to ensure the best outcomes.

We provide care via any tablet, smartphone, or computer connected to the internet. Our doctors don't have to leave home or school to get their students the care they need.

Medical care available M - F from 7:00 am - 5:00 pm.

# Mindful Moments:

## 5 Keys to a Calmer You




- Breathe Deeply:** Take a moment to relax. Inhale for 3 seconds, hold for 3 seconds, exhale for 3 seconds.
- Check-in with your feelings:** How are you feeling right now? It's okay to feel this way.
- Take a Break:** When things get tough, step away for a short break. Recharge and come back stronger.
- Believe in Yourself:** Say these positive words to yourself: "I can do it," "I'm strong," "I'm in charge of my feelings."
- Talk it Out:** Share your feelings with someone you trust, like an adult or friend. It can make you feel better and helps.

## It's time to POWER UP!

# With school nutrition UNIVERSE FREE BREAKFAST

