



Happy Monday ISO Family!

Thank you 🙏



Thank you to everyone who made it to our Crisis Management Workshop! We hope it was helpful and we hope you learned some good strategies to tackle any crisis! 🧡
Special thanks to our guest Alex Sierra!

Please give us your feedback below.

[Feedback Form](#)

Coming Soon...

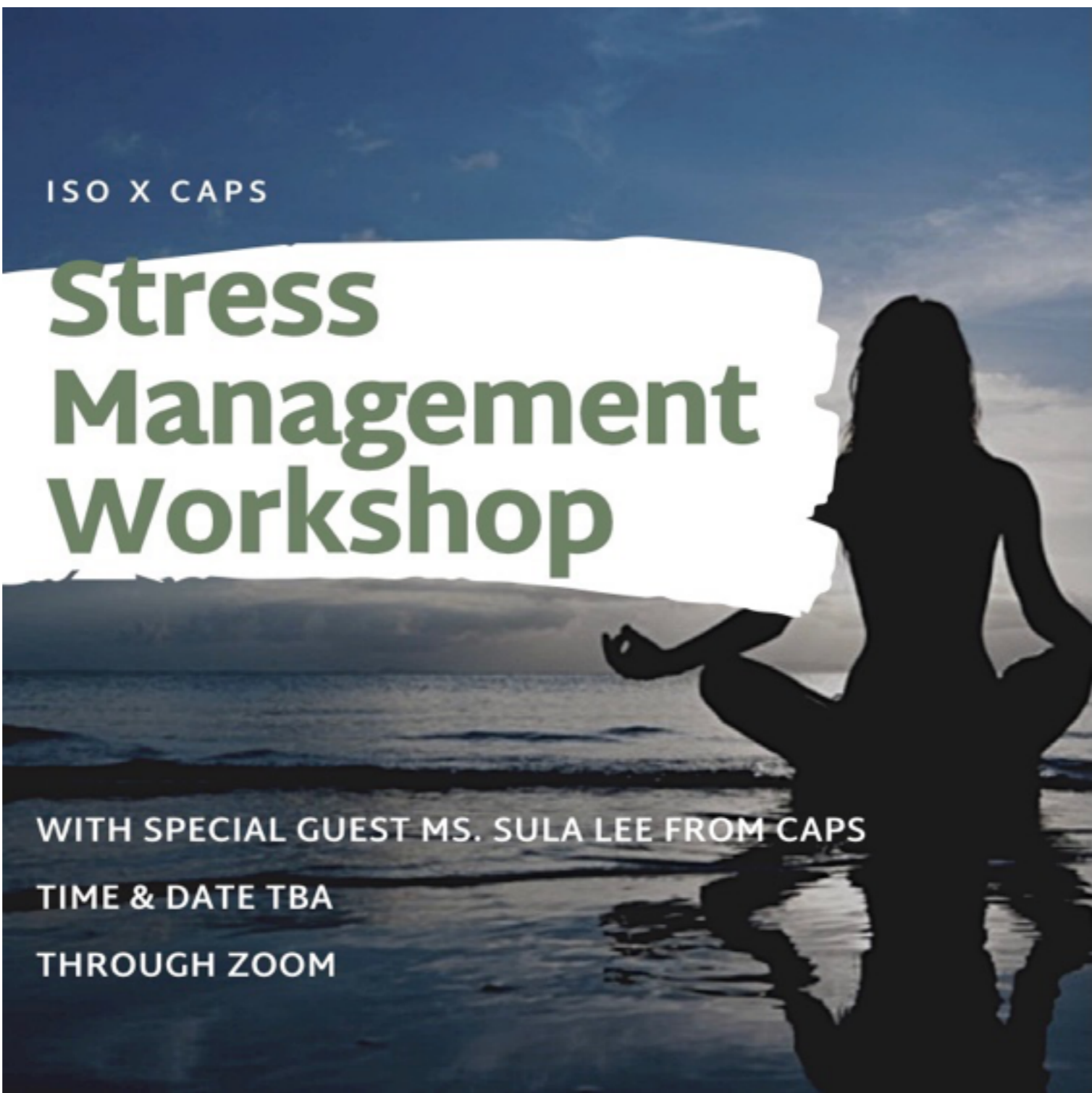


[Zoom Link](#)



Join us for a night of spooky fun! Come hear some scary stories and play games with us. Don't forget your costumes! Hope to see everyone there!

[Zoom Link](#)

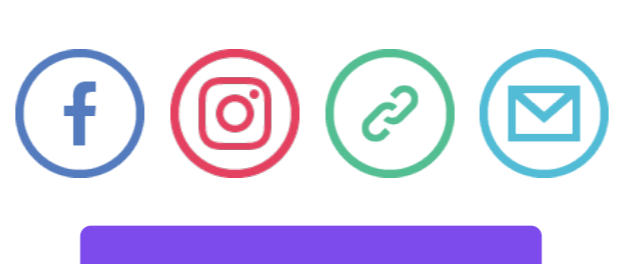


During these trying times we can all use some strategies to manage and relieve stress. Come listen to Ms. Sula Lee discuss healthy ways that can help you deal with stress. We'll see you there!



Get out of the house and get moving with our yoga session at the park! Are midterms stressing you out? Is online learning getting too much? Come relax and exercise a little bit with us! *No experience needed*.

We will be following social distancing guidelines so please make sure to bring your own yoga mat/towel and water bottle!



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