

OHUDDLE HOUR

2023/24

Wayne County
Schools Career
Center



WWW.OHUDDLE.ORG/OHUDDLE-HOUR

OHuddle Hour is an experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions occur over lunch periods or before school. There is no cost to participate. All OHuddle hours are generously sponsored by community partners.

OCTOBER

5th

ORGANIZE + OTT'S

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea and leave with organizing ideas to simplify your life from Simple Spaces!

FEBRUARY

1st

MOVE YOUR CUPCAKES

Enjoy yummy treats from Miss Amy's Bakery and learn how to reduce stress with exercise and physical activity!

APRIL

18th

JOY SNACKING + FOOD TRUCK

Skip packing for lunch and grab food at the food truck while learning the art of "Joy Snacking" for self care!



PICK YOUR OHUDDLE HOURS

Take a quick 2 minute survey to pick future OHuddle Hours or share an idea that would promote self care in your building
www.ohuddle.org/ohuddle-hour

Questions? Email WCSCC Site Coordinator Sonya Wenger swenger@ohuddle.org