

Stay in & CHILL

WE WOULD LIKE TO INVITE YOU TO STAY IN & CHILL, A PRIVATE FACEBOOK GROUP FOR STUDENTS WHO ARE PRACTICING SAFE ISOLATION!

We hope to provide you a range of virtual activities, workshops and classes to support you to practice social distancing whilst staying emotionally connected and healthy. Here you can find free, online workshops and classes that are tailored to support you such as:

- Regulatory activities – yoga & meditation classes
- Fitness classes facilitated by personal trainers
- Psychoeducation workshop
- Poetry Workshop
- Makeup tutorials by professional makeup artist
- Fun engaging activities to stay mentally stimulated
- Group challenges
- Creative activities with music, writing, art/craft
- Daily polls & more!

JOIN US!

These classes and workshops will be posted in this private group for you to join. There will be a range of live session taking place via zoom or recorded session uploaded here for you to watch.

SCAN ME



This is a private group, supported by the Alex Panton Foundation, the Health Authority Service, Human Concerns Cluster and DCFS.



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