

Healthy Decision Making For Managing Stress

October 3, 2026

*The Poe Center, in partnership with Holly Springs Parks & Recreation
is excited to present Healthy Decision Making For Managing Stress.*

Healthy Decision Making For Managing Stress

WHAT: Healthy Decision Making
For Managing Stress

WHERE: 301 Stinson Ave
Program Room A
Holly Springs, NC 27540

WHEN: October 3, 2026
10:00 a.m. - 11:30 a.m.

QUESTIONS:
j.fowler@poehealth.org



www.poehealth.org



Program Description

This engaging, skills-based program blends the evidence-based Community Resiliency Model (CRM) with youth-friendly activities and discussion designed for middle school students. Participants will learn practical tools to help regulate their bodies and emotions, understand how stress and trauma affect the nervous system, and build everyday strategies to support their wellness. Through interactive activities and discussions, youth will explore brain development and the nervous system, and learn the importance of healthy habits, stress management, self-care, and building positive routines. The program not only empowers youth to support their own well-being but also encourages them to be a source of support for their peers.

Be the lifeline.

If you or someone you
know needs support now,
call or text 988 or chat
988lifeline.org

