

The Chill Project by Allegheny Health Network Presents

Chill Mobile

Chill Mobile is partnering with the Pittsburgh Pirates to bring evidenced based coping skills and mental health stigma reduction to school communities

Includes three, one week long experiences where students will learn fundamental lessons and participate in engaging activities

Students will get the opportunity to explore and engage in our brand new Mindfulness Vehicle, which has interactive technology to promote mindfulness

Faculty will receive professional development that echoes the skills that are taught to the students and receive a Chill Corner to continue to engage students in mindfulness throughout the school year



Allegheny Health Network

Coming to Crafton Elementary School
November 14th - November 18th

