

EASTLAKE MIDDLE SCHOOL PTSO

Ricardo Cooke, Principal

900 Duncan Ranch Road, Chula Vista, CA 91914

Alejandra Inzunza, Assistant Principal
Frank Issa, Assistant Principal



Phone (619) 591-4000
Fax (619) 482-0553
elm.sweetwaterschools.org

ELM PTSO Presents:

Vision Night and Guest Speaker

EastLake Tritons,

PTSO will be hosting an amazing night. Please join us on Tuesday, March 13th at 6:00pm as Dr. Cooke focuses on our school's vision. We will discuss some important issues that we are currently facing in our community and learn about what we have planned at Eastlake Middle.

After we hear from Dr. Cooke, we will have a guest speaker, Kara Kohnen a licensed marriage and family therapist. Kara Kohnen has over 18 years of experience in behavioral health, she is the founder of Grow Through Life Counseling in the EastLake area. Kara will be speaking on some sensitive issues that teenagers are facing today. She will be covering normal middle school mental health development, warning signs of anxiety and/or depression and how to promote positive coping skills and resilience. It will be an evening that you will not want to miss!! We hope to see you there.

When: Tuesday, March 13th

Where: EastLake Middle School Pavilion

Time 6:00-7:30pm

A light dinner and refreshments will be served