

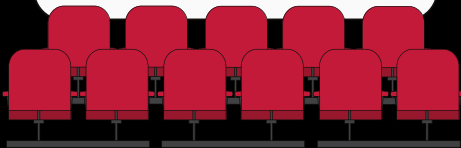


SERVICE. EDUCATION. ENTERTAINMENT

Newsletter

We're preparing for a movie night!

Tickets available soon!



Come out for a special movie screening to learn about the Bluest Space Youth Film Series & watch original youth film!

We hope you join us in 2024!

Happy holidays

May the light of the holiday season reach every corner of our hearts and bring unforgettable joy.

We'll see you in 2024!

*Best Regards,
Moknowsbest Inc.*





SERVICE. EDUCATION. ENTERTAINMENT

Newsletter

THE BLUEST SPACE

Youth Film Intensive

Returns

Summer 2024

Story Telling



Learn about our Youth Filmmaker Program [Here!](#)

3 Tips to Help Teens Cope With Holiday Stress



Give teens some control over their schedule. Work out time for teens to celebrate with friends and discuss what festivities they can opt out of.

Make room for down time and exercise. Include quiet activities such as a movie night. Encourage teens to exercise every day — anything from ice skating to taking a walk.



Get teens involved. Assign responsibilities for holiday parties; ask them to help with shopping, decorating or cooking. Encourage them to volunteer for a good cause such as a food bank or a toy drive.

