

Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

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- Oct. 24** 7-8:30 p.m. at District Center Auditorium
Know the Truth by MN Adult and Teen Challenge
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- Nov. 28** 7-8:30 p.m. at District Center Auditorium
Suicide Identification and Intervention (QPR--Question, Persuade, and Refer) by NAMI-Minnesota
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- Dec. 13** 7-8:30 p.m. at District Center Community Room (112)
Make it OK by Nancy Krocak, WBLAS Educator
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- Jan. 15** 7-8:30 p.m. at WBLAHS - North Campus Theater
Using Mindfulness to Increase Well-Being and Effectiveness in the Classroom and at Home by Heather Hessel PhD, LMFT, Intuitive Therapy and Counseling, White Bear
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- Feb. 19** 7-8:30 p.m. at WBLAHS - North Campus Theater
The Fallacy of Perfect Parenting by FRrē Family Recovery Resource Experts, St. Paul, MN
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- March 19** 7-8:30 p.m. at WBLAHS - North Campus Theater
ADHD/ADD Supports and Toolbox by Nicole McKinney, WBLAS
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- April 16** 7-8:30 p.m. at WBLAHS - North Campus Theater
Healthy Teens and Safety by Ramsey County Public Health
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- May 21** 7-8:30 p.m. at WBLAHS - North Campus Theater
Finding Self-Control: Responses to Children's Emotional and Physical Outbursts by Jenny Hanlon, M.Ed, WBLAS



Series sponsored by
White Bear Lake Area Schools
Student Support Services Department.



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