

MENTAL HEALTH

PRESENTATION 2022-2023 SCHEDULE



DATES	TOPIC	PRESENTER
9/7/2022	Stress Coping Skills: Toolbox	Dernay Coley
9/28/2022	Bullying	Dernay Coley
10/12/2022	Mental Health and Wellness	Dr. Torres and Dr. Longoria
10/26/2022	Conflict Resolution and how to manage emotions	Dernay Coley
11/2/2022	Managing Anxiety	Dernay Coley
11/16/2022	Stress Relief and Self-Care	Dernay Coley
12/7/2022	Anxiety and Depression in Children and Adolescents	Dernay Coley
1/23/2023	ADHD	Dr. Nardini
2/1/2023	Understanding PTSD/Trauma	Dr. Torres and Dr. Longoria
3/1/2023	Bereavement - Helping your School Community Manage Grief Families	Dernay Coley

Audience
FAMILY

Language
ENGLISH

Time
9am-10am

For more Information
(956) 473-5248

Session link:

[https://us02web.zoom.us/j/87632177818?](https://us02web.zoom.us/j/87632177818?pwd=MnhSZGMxRWKhKQnNkcW40Ri9XUXhCQT09)
[pwd=MnhSZGMxRWKhKQnNkcW40Ri9XUXhCQT09](https://us02web.zoom.us/j/87632177818?pwd=MnhSZGMxRWKhKQnNkcW40Ri9XUXhCQT09)

Department of Guidance and Counseling



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