



Family & Staff Wellness Education Series

All classes are from 6:30pm-8:00pm

9/20/2017	Anxiety in Childhood and Adolescents-Dr. Zasio and Holly Wang, MHT Site: Franklin High School
10/18/2017	Love and Logic- Karm Kalkat, MHT Site: Edna Batey Elementary
11/15/2017	Social Media: Screenagers- Lisa Levasseur and Kim Rawson Site: Pleasant Grove High School
1/17/2018	Mindfulness-Apryl Love, MHT Site: District Office
2/21/2018	Bullying- Tami Silvera and Youth Development Team Site: Union House
3/14/2018	Nurtured Hearts- Esra Jordan, MHT Site: James McKee
4/18/2018	Suicide Awareness- Tami Silvera and Youth Development Team Site: Pinkerton
5/16/2018	Drug and Alcohol- Tami Silvera and Youth Development Team Site: Butler
6/6/2018	Diet and early childhood brain development- Kristina Nordlin, MHT Site: District Office

The focus of these workshops is to provide parents and district staff with mental health supports for their students success within the school and home setting.

If you're an **EGUSD employee** you must register through the ERO prior to attending the workshop.

If you're a **parent** please register on www.eventbrite.com

Please call with any questions or concerns call: 916-686-7568 ext 67067

**This workshop will be presented by
Licensed Mental Health Therapists**