

Wellness Wednesdays



MENTAL HEALTH PRESENTATIONS FOR CAREGIVERS

Presented by Child & Youth Mental Health via MS TEAMS

on the following Wednesdays from 12:15-12:45

DATE	TOPIC
October 4 2023	Mental Health Overview
November 1 2023	Nutrition
November 15 2023	Sleep
December 13 2023	Calming the Nervous System
January 17 2024	Circle of Security
February 21 2024	Anxiety
March 20 2024	DBT
April 17 2024	Managing Conflict
May 15 2024	Neurodiversity
June 5 2024	Self-Care



SCAN ME

To go to TEAMS meeting CTRL click [here](#)
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