



Family & Staff Wellness Education Series

All Times are 6:00pm-7:30pm

09/05/2018	Angst, How to Help Children Cope with Anxiety Presenters: Kim Rawson, MHT & Lisa Levasseur, Family & Community Engagement Site: Franklin High School
09/12/2018	Transition to Middle School Presenters: School Psychologists Crystal Jones & Erika Crooks Site: Harriet Eddy Middle School
09/27/2018	How to Navigate Screen Time & Social Media Presenter: Lisa Levasseur, Family & Community Engagement Site: Sunrise Elementary
10/03/2018	Cyberbullying Presenters: Tami Silvera and Megan Parent, Youth Development Site: Elk Grove Elementary
10/24/2018	Latest Trends in Youth Substance Use Presenters: Tami Silvera and Youth Development Team Site: Sheldon High School
11/29/2018	Secondhand Trauma Presenter: Adriana Weyandt, Psy.D Site: Board Room A
01/23/2019	Mindfulness Presenter: Apryl Love, MHT Site: Samuel Jackman Middle School
03/20/2019	Suicide/QPR Training Presenters: Tami Silvera and Youth Development Team Site: Board Room A
04/10/2019	Improving Sleep and Wellness by Adopting New Behaviors Presenters: Tami Elmatari, School Nurse & Charlie Hill, Behavior Support Specialist Site: Arlene Hein

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 are an **EGUSD employee**, you must register through the ERO prior to attending.

If you are a **parent**, please register at:

<https://www.eventbrite.com>

Workshops will be presented by professionals in Student Support and Health Services

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