



**MENTAL HEALTH &  
BEHAVIOR SUPPORT SERVICES**



## SEPTEMBER TRAININGS

- **Mindful Monday– Emotions and Feelings**  
9/14 (3pm students; 2 pm teachers; 1pm parents English & Spanish)
- **Anger Triggers and Cues**  
9/28 (12 pm-1pm-Parents– English & Spanish)  
9/9 (2:15-2:45 students grades 6-8)
- **Supporting Children During the Coronavirus Crisis:  
Tips for Raising and Protecting Children at Home**  
9/8 (5-5:30pm Parents—Spanish)  
9/9 (5-5:30pm Parents-English)
- **Trauma Informed Distance Education (TIDE)**  
9/10 (3-4pm Staff)
- **Grief & Loss Supporting Students**  
9/16 (3pm Parents and Staff-Spanish & English)
- **AND MANY MORE!**



**Our Training Calendar  
is always growing!**

**REGISTER FOR TRAININGS HERE!**

<https://padlet.com/mhbss/6ecktpqn8nc8k6g>



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