



# 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](http://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**