



**D'VEAL FAMILY AND YOUTH SERVICES
VIRTUAL CLASSES**

"Supporting your well-being and mental health through COVID-19"

Monday, October 26, 2020 from 6 pm - 8pm (*Every participant will receive a gift card*)

- **On-site Registration and Pre-Assessment at Mt. Olive HS with Mark Tremper**

Monday, November 2, 2020 from 6 pm - 8pm (*Every participant will receive a gift card*)

- **On-site Registration and Pre-Assessment at Mt. Olive HS with Mark Tremper**

Wednesday, October 28, 2020 from 6 pm - 8pm

- Topic - What is Mental Health?

Wednesday, November 4, 2020 from 6 pm - 8pm

- Topic - What can parents do about SI?

Wednesday, November 11, 2020 from 6 pm - 8pm

- Topic – Stress Management: Self-Care and Mindfulness

Wednesday, November 18, 2020 from 6 pm - 8pm

- Topic - Using the FIVE love languages

Wednesday, December 2, 2020, 2020 from 6 pm - 8pm

- Topic – Coping with Trauma

Wednesday, December 9, 2020 from 6 pm - 8pm

- Topic - Power of Resiliency

Monday, December 14, 2020 from 6 pm - 8pm (*Every participant will receive a gift card*)

- **On-site Post-Assessment at Mt. Olive HS with Mark Tremper**

Wednesday, December 16, 2020 from 6 pm - 8pm - Last class session for 2020!

- Behavior is Communication

VIRTUAL GRAND PRIZE RAFFLE - Monday, May 17, 2021 from 6 pm – 7 pm

- Participants completing pre/post assessments and attending at least 16 class sessions for the year will receive a **"Digital Grand Prize Raffle Entry"** and have a chance to win a big screen TV, appliances, gift cards and more!