

Sponsored by Carroll ISD Special Programs Department & CISD Special Programs Booster



Brown Bag Lunch & Learn

Click [here](#) to access the presentation on Nov. 19th from 12:00-1:15 p.m.



It's Okay to Not Be Okay: How We Grow from Stress

Please join our Carroll ISD Licensed Specialists in School Psychology (LSSPs) for a special presentation and conversation for parents on how to support mental health and wellness.

This presentation will focus on the types of stress, physical implications, brain activity, helpful strategies, reframing stress and so much more! From 1:00-1:15 p.m., parents will dialogue and network with other parents under the facilitation of our executive booster board.

Please use the link below to become a member:
<https://www.cisdboostersp.com/become-a-member.html>