



Virtual Social Emotional Learning Workshops Available For Students

Our Counseling team has partnered with Western Youth Services to provide interactive Social Emotional Learning (SEL) workshops for students after school. Each workshop (4) will be approximately 1 hour on specific Thursdays throughout the semester at **4-5pm**. Attendance is open to all SVUSD students using their school email address.

September 30th 4-5pm - Know the Signs

This presentation is aimed to help identify signs of suicide. It will review myths and facts about self-harm/suicide, warning signs to be aware of, ways in which a person may be a source of support for others.

October 21st 4-5pm- Time Management/Organization

This presentation is geared to explain why time management and organization is important at any age. In this workshop, we will provide useful tips, strategies, tools and resources that one can utilize to improve one's time management and organizational skills.

November 18th 4-5pm - Mindful vs Mindfull

Let's de-clutter our mind, and tune into the present moment. Learn how to treat yourself with kindness, compassion, and acceptance. This workshop will focus on what mindfulness is and why it is imperative to our mental health. It will teach students coping skills, techniques to relax, and guide them through a soothing meditation. Join this mindfulness training and enhance your connectedness to your inner self.

December 9th 4-5pm - Stress Management

This presentation will discuss what stress is, how it affects people both physically and mentally, and will go over positive ways to help deal with stress. It will review useful tips, skills, and steps in order to help reduce stress.

Join Zoom Meeting: Same Link Each Month

<https://zoom.us/j/94360162604?pwd=M05Wck5teTlwWmU4L3RZZ21GL1VlQT09>

Meeting ID: 943 6016 2604

Passcode: MVHS21

You have a chance to win a gift card by attending each month.