

# Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

## *Grief and Loss*

Presented by Tony Del Percio with Bradshaw Funeral and Cremation Services

**7-8:30 p.m.**

**March 19**

***District Center - Community Room 112***

### **Description of the Program:**

Each of us experience various types of loss from moving to a death of a loved one. Yet many of us, especially teens, do not know how to cope and adjust to those losses we all experience in life. This seminar will focus on understanding the mourning process, healthy ways of coping and learning how to help others who are experiencing loss.

## UPCOMING EVENTS IN THE SERIES

**April 16** (7-8:30 p.m. at DC Community Room 112)

ListenIn: Hear What Young People are Saying about Living in a Technology Saturated Society by KK Myers and Maree Hampton, LiveMore ScreenLess

**May 21** (7-8:30 p.m. at DC Community Room 112)

The Impact of Technology on Emerging Generations by Jon D. Kirby, MA, LMFT



Series sponsored by  
White Bear Lake Area Schools  
Student Support Services Department.



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