



# SCHOOL TRANSITION SOCIAL AND EMOTIONAL SUPPORT

## March Workshops and Resources

- **School Transition Workshops**
  - Tuesday, March 2nd: 7pm-8pm
  - Wednesday, March 3rd: 4:30-5:30pm
  - Thursday, March 4th: 12:00pm-1:00pm
  - Register at: [www.wusdcareteam.org/schooltransition](http://www.wusdcareteam.org/schooltransition)
- **Social and Emotional Support Resource Notebook**
  - Tools, articles, and videos about changes, transitions, anxiety, talking about COVID-19, etc.
  - Register: [www.wusdcareteam.org/copingnotebook](http://www.wusdcareteam.org/copingnotebook)
- **Family Workshop (parents/caregivers attend with students)**
  - Topic: Coping with Change
  - Wednesday, March 10th: 5:30-6:30pm
  - Register: [www.wusdcareteam.org/familyconvos](http://www.wusdcareteam.org/familyconvos)
- **Parent/Caregiver Workshop**
  - Topic: The Practice of Gratitude to Promote Students' Mental Health
  - Recorded Workshop available March 8th
  - Live Q&A: March 24th: 4:30pm - 5:30pm
  - Register: [www.wusdcareteam.org/qanda](http://www.wusdcareteam.org/qanda)
- **Counseling Services- individual, group, and family**
  - Submit a counseling referral or request a consultation
  - Contact Us: [www.wusdcareteam.org/contactus](http://www.wusdcareteam.org/contactus)
- **Contact Us**
  - Website: [www.wusdcareteam.org/home](http://www.wusdcareteam.org/home)
  - Instagram: [@wusdcareteam](https://www.instagram.com/wusdcareteam)
  - Email: Dr. Monique Ingram- [mingram@wiseburn.org](mailto:mingram@wiseburn.org)

