



AN EARLY COLLEGE DISTRICT

BROWNSVILLE

INDEPENDENT SCHOOL DISTRICT



Guidance and Counseling Department

Presents

Mental Health Wellness for the BISD Community and Parents



Wednesdays • 4:00 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/81357149339?pwd=ZTYwR2U0U3dXbVI4YTk0QmIBQWJvQT09>

Meeting ID: 813 5714 9339

Passcode: HEALTH

PRESENTERS:

- 5/5/21-Dr. James Whittenberg PHD, LPC-S, LCDC, CSC
Mental Health in a Pandemic
- 5/12/21-Dr. James Whittenberg PHD, LPC-S, LCDC, CSC
Coping Skills for Stress and Anxiety
- 5/19/21-Shawn Elliot Russell Author and Tiny Habits Coach
Be Still Little Tree Be Still
- 5/26/21-Shawn Elliot Russell Author and Tiny Habits Coach
Building Healthy Habits

BISD does not discriminate on the basis of race, color, national origin, gender, religion, age, disability or genetic information in employment or provision of services, programs or activities.



UN DISTRITO DE UNIVERSIDAD TEMPRANA

BROWNSVILLE

DISTRITO ESCOLAR INDEPENDIENTE DE



Departamento de Guía y Consejería

Presenta

Bienestar de la Salud Mental para la Comunidad y Padres de BISD



Cada Miércoles • 4:00 p.m.

Unirse a la reunión de Zoom

<https://us02web.zoom.us/j/81357149339?pwd=ZTYwR2U0U3dXbVI4YTk0QmIBQWJvQT09>

ID de Junta: 813 5714 9339

Constraseña: HEALTH

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