

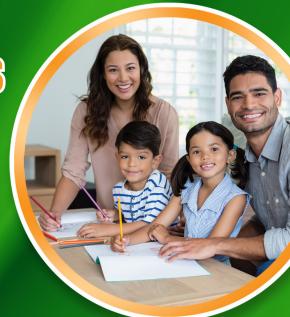




Guidance and Counseling Department

Presents

Wednesdays 10:00 AM and 5:30 PM



Join Zoom Meeting

AM-https://us02web.zoom.us/j/83082791011?pwd=VGIRcExrVy9uSlhaU3g0SEk1VWIYdz09 PM-https://us02web.zoom.us/j/84257685582?pwd=OURxWnlpZzRQU2xMd09QSVJIVjJSUT09

AM - Meeting ID: 830 8279 1011 PM - Meeting ID: 842 5768 5582

Passcode: HEALTH Passcode: HEALTH

PRESENTERS:		
	10/13/21	Laura Saldivar, Community Liaison
		Palms Behavioral Health
		Project Hug Communicating with Your Teen - Workshop #208997
	10/27/21	Dr. James F. Whittenberg, PHD, LPC-S, LCDC, NCC,
		ACS, CSC, UTRGV Professor
		Adolescent Mental Disorders - Workshop #209001
	11/03/21	Oscar & Natalie Gonzalez
		Directors of Metanoia Wellness Center
		Mindfulness - Workshop #209028
	11/17/21	Dr. James F. Whittenberg, PHD, LPC-S, LCDC, NCC,
		ACS, CSC, UTRGV Professor
		Fight Against Drugs - Workshop #209030
	12/01/21	Rosalinda Cruz, LPC
		<u>Laughter Yoga</u> - Workshop #209034
	12/15/21	Oscar & Natalie Gonzalez

Directors of Metanoia Wellness Center

Mindfulness - Workshop #209035