



Guidance and Counseling Department
Presents

Mental Health Wellness for the BISSD Community

**Wednesdays
10:00 AM and 5:30 PM**



Join Zoom Meeting

AM-<https://us02web.zoom.us/j/83082791011?pwd=VGIRcExrVy9uSlhaU3g0SEk1VWlYdz09>
PM-<https://us02web.zoom.us/j/84257685582?pwd=OURxWnlpZzRQU2xMd09QSVJlVjJSUT09>

**AM - Meeting ID: 830 8279 1011
Passcode: HEALTH**

**PM - Meeting ID: 842 5768 5582
Passcode: HEALTH**

PRESENTERS:

- | | |
|----------|--|
| 10/13/21 | Laura Saldivar, Community Liaison
Palms Behavioral Health
<u>Project Hug Communicating with Your Teen</u> - Workshop #208997 |
| 10/27/21 | Dr. James F. Whittenberg, PHD, LPC-S, LCDC, NCC,
ACS, CSC, UTRGV Professor
<u>Adolescent Mental Disorders</u> - Workshop #209001 |
| 11/03/21 | Oscar & Natalie Gonzalez
Directors of Metanoia Wellness Center
<u>Mindfulness</u> - Workshop #209028 |
| 11/17/21 | Dr. James F. Whittenberg, PHD, LPC-S, LCDC, NCC,
ACS, CSC, UTRGV Professor
<u>Fight Against Drugs</u> - 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
<u>Mindfulness</u> - Workshop #209035 |