



Guidance and Counseling Department

Presents

**Mental Health
 Wellness for the
 BISD 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
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
Laughter Yoga - Workshop #209034
- 12/15/21 Oscar & Natalie Gonzalez
 Directors of Metanoia Wellness Center
Mindfulness - Workshop #209035



Departamento de Guía y Consejería

Presenta

**Bienestar de la Salud
 Mental para la
 Comunidad de BISD**

**Cada Miércoles
 10:00 AM y 5:30 PM**



Unirse a la reunión de Zoom

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