



Guidance and Counseling Department

Presents

**Mental Health Wellness
 for
 the BISD Community**

**Wednesdays
 10:00 AM**



Join Zoom Meeting

AM-<https://us02web.zoom.us/j/83082791011?pwd=VGIRcExrVy9uSlhaU3g0SEk1VWIYdz09>

AM - Meeting ID: 830 8279 1011

Passcode: HEALTH

PRESENTERS:

- 1/19/22 Marcela Montemayor, BSN, RN, CBN
 Director of Bariatric Services, Valley Baptist Health System
Feel Your Best You, This 2022

- 2/16/22 Dr. Luis Torres - Hostos PHD
 (Bilingual) Founding Dean and Professor, School of Social Work-UTRGV
 Dr. Nina Enriquez, DSW, LCSW-S
 Lecturer 111, UTRGV School of Social Work
What is Mental Health?

- 3/23/22 Dr. Luis Torres - Hostos PHD
 (Bilingual) Founding Dean and Professor, School of Social Work-UTRGV
 Dr. Nina Enriquez, DSW, LCSW-S
 Lecturer 111, UTRGV School of Social Work
Dealing With Trauma

- 4/13/22 Evonne Lea Lopez
 Education/Volunteer Coordinator
Friendship of Women Inc. Services