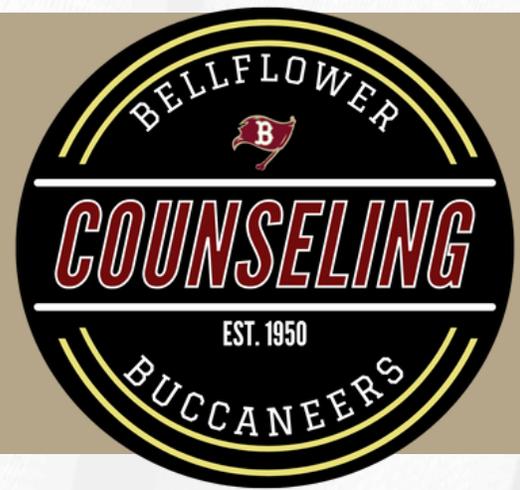


# BELFLOWER MS/HS WELLNESS CENTER

A safe space to empower our students and support our families in learning how to manage their social, emotional and physical health while striving to support all areas of their lives that may impact their academic potential.



## A SPACE TO TAKE A BREAK

When students feel overwhelmed they now have a space to regulate their feelings in order to return to learning. Students can self-refer by asking their teachers for a pass to the Wellness Center during class time for 10-15 minutes.

Students are welcome to use the Wellness Center during snack, lunch, and after school until 4:15pm.

## A SPACE TO LEARN NEW SKILLS

Each week the Wellness Center will host psychosocial educational workshops to assist students in learning new skills about how to manage their emotions and learn about themselves. The Wellness Center will also host a variety of special interest activities to support their development within the 8 domains of Wellness.

## A SPACE TO CONNECT

### 1. Check In with Ms. Howard

Scan the QR code to set up a time to meet. Together we can address anything you want to discuss.

### 2. Set up regular sessions with a mental health professional

BMHS hosts interns from the Los Angeles County Office of Education multiple days per week who are available to meet with students 1:1 for mental health support.

### 3. Connect with supportive services

Need resources from the Family Resource Center? Want to know more about a particular topic? Interested in hosting an event in the Wellness Center? Please connect with Ms. Howard

## AT A GLANCE

- Take a 10-15 minute brain break
- Check-in with a BUSD Counselor
- Connect with supportive resources
- Learn new skills
- Try new things
- Build Community

EARN PRIDE POINTS  
ON MINGA!

#BEWELLBELLFLOWER



## MS. HOWARD



LET'S CHAT  
SCAN HERE

