



Little Flower UFSD



In partnership with 21st Century Community Learning Centers

Invites you to participate in these upcoming January

PARENT/CAREGIVER WORKSHOP



The Mental Health Association in New York State (MHANYS) has partnered with the New York State Office of Mental Health to expand Mental Health First Aid in school communities across New York State.

Click the link to below to explore more helpful resources:

<https://www.mentalhealthdnys.org/ymhfa-tmhfa/>

Empower Your Well-Being

WellLife Network invites you to join us throughout 2026 for a series of live, no-cost webinars addressing the crucial mental health and well-being issues impacting our community.

These sessions offer practical insights, open conversations, and opportunities to deepen your understanding of the challenges facing individuals and families today. Our webinars are open to everyone interested in learning more and making a difference in their well-being.

The webinars are being offered by WellLife Network's Community Education and Awareness Program and are custom-designed for community stakeholders, non-profit staff, educators, families, students, and other concerned citizens.

This year, for your convenience, we are offering each webinar twice a month. Choose the day that best fits your schedule.

- **Tuesdays at 3:00 PM - 4:00 PM**
- **Thursdays at 10:00 AM - 11:00 AM**

2026 Webinar Topics and Dates

January 6 & 15

The Fine Print of Flawless: Hidden Cost of Perfectionism

Discover the hidden toll of perfectionism and how its pursuit can quietly affect self-esteem, relationships, and overall wellness.

Learn to recognize destructive patterns, explore healthy alternatives, and find practical strategies for breaking free from the grip of perfectionism.

- **Tuesday, January 6, 3 PM - 4 PM**

REGISTER - PERFECTIONISM

- **Thursday, January 15, 10 AM - 11 AM**

REGISTER - PERFECTIONISM

February 3 & 19

A Guide to Grief and Loss: Carrying What Can't Be Changed

Grief can turn life upside down, but you don't have to face it alone. In this webinar, we'll talk honestly about loss, explore healthy ways to cope with overwhelming emotions, and share how others have found hope and support through even the hardest of times.

- **Tuesday, February 3, 3 PM - 4 PM**

REGISTER - Grief and Loss

- **Thursday, February 19, 10 AM-11 AM**

REGISTER - Grief and Loss

March 3 & 19

Recognizing & Managing Anger: Turning Down the Heat

Anger is a normal emotion, but when it gets out of control, it can create problems at work, damage relationships, and take a toll on your health. This webinar will help you recognize the early signs of anger and walk you through practical strategies for managing it in healthier ways.

Learn why unchecked anger can hurt not just you, but those around you—and how taking control can lead to a calmer, more balanced life.

- **Tuesday, March 3, 3 PM - 4 PM**

REGISTER - Recognizing & Managing Anger

- **Thursday, March 19, 10 AM - 11 AM**

REGISTER - Recognizing & Managing Anger

April 7 & 16

The Art of Assertiveness: Finding Your Own Voice without Raising It

Speaking up for yourself doesn't have to mean shouting to be heard. This webinar explores how to express your needs and set boundaries with confidence and respect, both at work and at home.

Discover the keys to assertive communication and how finding your voice can lead to stronger professional and personal relationships and greater self-respect.

- **Tuesday, April 7, 3 PM - 4 PM**

REGISTER - The Art of Assertiveness

- **Thursday, April 16, 10 AM - 11 AM**

REGISTER - The Art of Assertiveness

May 5 & 21

Hoarding: When Collecting Interferes with Living

Discover the complexities of hoarding disorder and its impact on daily life and relationships. Gain insights into diagnostic criteria, effective interventions, and resources to help individuals manage and overcome their hoarding challenges.

- **Tuesday, May 5, 3 PM - 4 PM**

REGISTER - Hoarding

- **Thursday, May 21, 10 AM - 11 AM**

REGISTER - Hoarding

June 2 & 18

Being Trauma-Informed: An Introduction

Discover how adopting a trauma-informed approach can transform your interactions with others by understanding the impact of trauma, creating safe spaces for healing, and implementing practical strategies that foster recovery rather than re-traumatization.

- Tuesday, June 2, 3 PM - 4 PM

REGISTER - Being Trauma-Informed

- Thursday, June 18, 10 AM - 11 AM

REGISTER - Being Trauma-Informed

July 7 & 16

The Power of Resilience: Bending without Breaking

Life has a way of testing us, but resilience can help us handle the pressure without falling apart. In this webinar, you'll learn what it means to be truly resilient, pick up practical tools for bouncing back from setbacks, and discover how developing this skill can make everyday challenges easier to face.

You will also discover how flexibility and inner strength move you forward, no matter what comes your way.

- Tuesday, July 7, 3 PM - 4 PM

REGISTER - The Power of Resilience

- Thursday, July 16, 10 AM - 11 AM

REGISTER - The Power of Resilience

August 4 & 20

Social Media: Behind the Screen - The Not-So-Social Side of Social Media

Social media connects us, but it can also leave us feeling isolated, anxious, or overwhelmed. This webinar takes a closer look at how online life shapes our mental health, offering honest insights into the pressures, pitfalls, and hidden costs that accompany constant connectivity.

Find out how to build healthier habits and strike a better balance when it comes to your digital world.

- Tuesday, August 4, 3 PM - 4 PM

[REGISTER - Social Media](#)

- Thursday, August 20, 10 AM - 11 AM

[REGISTER - Social Media](#)

September 1 & 17

Suicide Prevention is Everyone's Business

Break through the fear and stigma surrounding suicide in this essential webinar that equips you with practical skills to recognize warning signs and potentially save lives.

- Tuesday, September 1, 3 PM - 4 PM

[REGISTER - Suicide Prevention](#)

- Thursday, September 17, 10 AM-11 AM

[REGISTER - Suicide Prevention](#)

October 6 & 22

Seasonal Affective Disorder: Bright Ideas for Dark Days

Learn how to effectively combat Seasonal Affective Disorder (SAD) in this illuminating webinar that reveals practical strategies for maintaining your mental wellness during the challenging winter months.

- Tuesday, October 6, 3 PM -
4 PM

[REGISTER - Seasonal Affective Disorder](#)

- Thursday, October 22, 10
AM - 11 AM

[REGISTER - Seasonal Affective Disorder](#)

November 3 & 19

Sleep: The Secret Ingredient for Success

A good night's sleep is more than rest—it's a foundation for better mood, focus, and overall health. This webinar dives into why sleep matters, what gets in the way, and how even small changes to your routine can pay off in big ways. Discover practical tips to help you make sleep your secret weapon for success in daily life.

- Tuesday, November 3, 3 PM
- 4 PM

[REGISTER - Sleep for Success](#)

- Thursday, November 19, 10
AM-11 AM

[REGISTER - Sleep for Success](#)

December 1 & 17

Mastering Motivation for Change

Turning good intentions into real change isn't always easy—but it is possible. This webinar explores what motivates us, why we get stuck, and the practical steps that turn plans into progress. Learn strategies to spark lasting motivation and keep moving forward, even when life gets in the way.

- **Tuesday, December 1, 3 PM**
- 4 PM

REGISTER - Motivation for Change

- **Thursday, December 17, 10**
AM - 11 AM

REGISTER - Motivation for Change