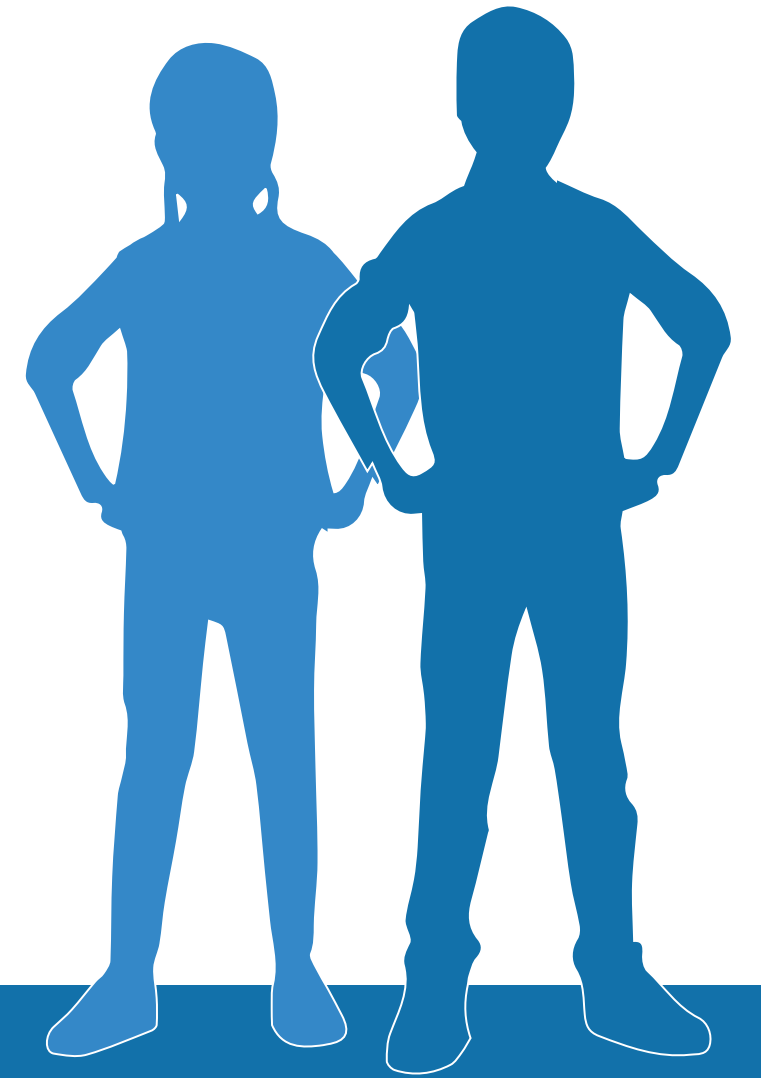




WILMINGTON PUBLIC SCHOOLS
Office of Student Support Services presents

Wilmington University for Parents



Parenting Mental Health Series 2022

Wilmington University invites you to participate in virtual and in person workshops to provide psychoeducation tools and resources to best support parents in understanding your child(ren)'s emotional well being. Each workshop will be a combination of learning new skills and techniques as well as an opportunity for live Q&A.

WORKSHOPS...

Emotional Wellness

January 18 | 12-1 pm (virtual)

Learn about promoting mental health through physical and mental wellness. Learn techniques to de-stress and promote joy.

Managing Anxiety & Depression

January 25 | 6-7 pm (virtual)

Learn from the experts about evidence-based techniques to reduce anxiety and better manage depression symptoms for all ages.

Social Emotional Learning at Home

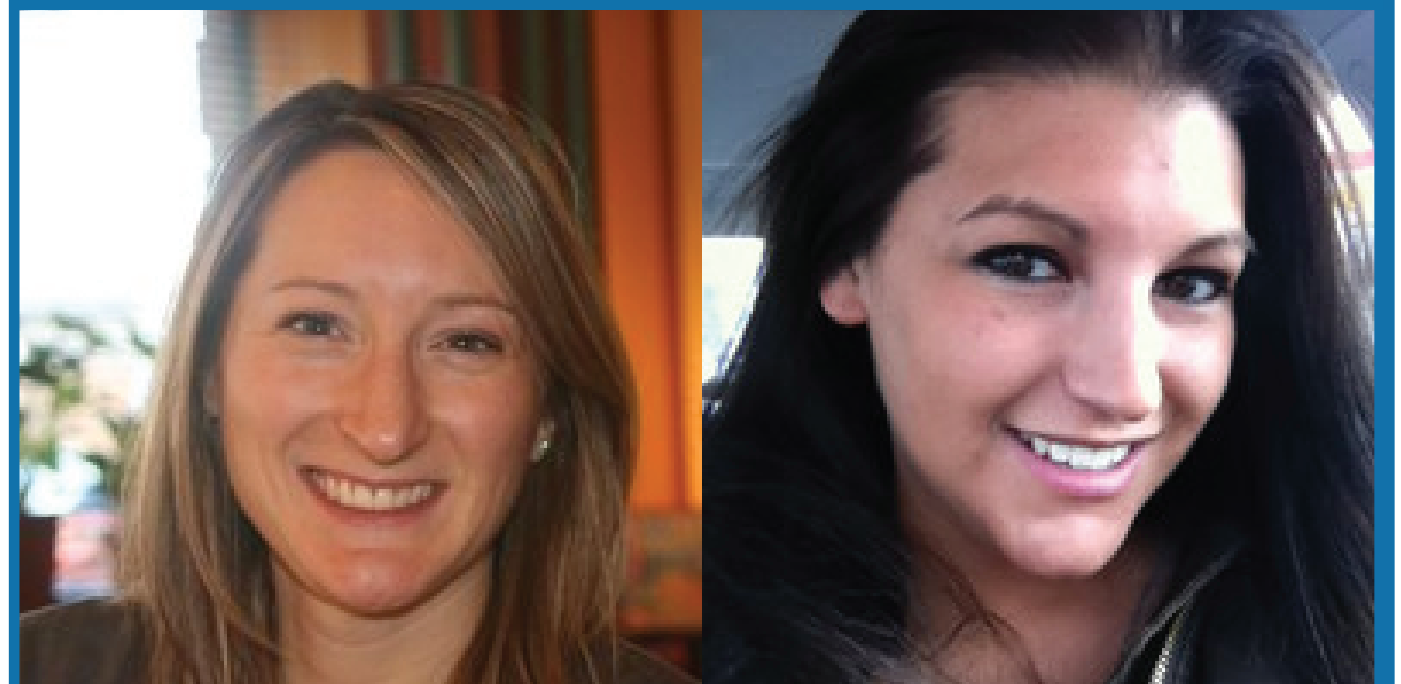
February 1 | 12-1 pm (virtual)

We bring the classroom to you! Learn about some of the strategies that we teach in school that you can translate to help your child build stronger social skills.

Coffee with the Counselors

February 9 | 9-10 am (in-person)

Have you ever just wanted to sit and talk to someone about what is going on with you and your family? Have you ever wanted to be able to connect with like minded parents who may be struggling with the same things? Well, here is your chance! Coffee with the counselors is a dedicated time to be able to meet our SEL & Family Support Counselors in person and talk to them about whatever it is you want! Need help finding outside counseling? Want to know more about Panorama? Interested in learning more about what SEL resources are available in the community? Come on down!



MEET YOUR PRESENTERS...

Erin Dunham, LICSW

Lauren Sabella, LMHC, SAC

WPS Social Emotional Learning &
Engagement Specialists

Register for
Workshops
HERE.



For the virtual events, a link will be
emailed to you prior to the presentation.

Questions? Please contact Christine Murray,
Coordinator of Behavioral Health & Social
Emotional Support:

christine.murray@wpsk12.com

Workshops are free and
open to the public. Adults only please.

Notice of Non-Discrimination

All educational and non-academic programs, activities and employment opportunities at Wilmington Public Schools are offered without regard to race, color, sex, religion, national origin, ethnicity, sexual orientation, gender identity, homelessness, age and/or disability, and any other class or characteristic protected by law.