



MS. ADRIANA PEREZ

RIALTO WELLNESS CENTER

Wellness Center Services includes:

*** Brain Breaks * Social Skills * Coping Skills * Self Regulation * Techniques * Mindfulness * Peer Conflict * Staff Conflict * Lunch Activities**

These skills are intended to be brief and target specific behavioral needs of students.



**Kindly scan for assistance
in the Wellness Center:**



COPING SKILLS

- ✓ **Self-Regulation**
- ✓ **Anger Management**
- ✓ **Grief and Loss**
- ✓ **Social Skills**
- ✓ **Self-Esteem**
- ✓ **and more.....**

More about services, please visit the Wellness Center
(Room: F104)

