South Orange Maplewood School District
&
The Parenting Center Present

Well Being & Mental Health Workshops

October 9th
ML Suicide Lunch & Learn

Noon
Presenters: Ms. Jean Louis, Ms. Agramonte

Virtual
Audience: Grades 6th -12th

October 20th
"Tell My Story"

Presenter: SOMSD Mental Health Professional Panel
CHS Media Center Classroom
Audience: High School ONLY

October 27th

"Is It Just Moodiness or Something More?"

Noon
Presenter(s): Ms. Steiner/Ms. Agramonte

Virtual
Audience: 6th - 12th

November 11th

"Fostering Resilience Through Safe Caring Relationships"

7:00 pm
Presenter: Effective School Solutions
In-Person
Audience: PreK -12th

November 17th

"Demystifying the Teen Brain"

7:00 pm
Presenter: Dr. Vanessa LoBue
In-Person/Virtual
Audience: 6th - 12th

November 18th

"Big Feelings, Little Bodies"

Noon
Presenter(s): Ms. Joyner-Isibor

Virtual
Audience: PreK - 12th

December 2nd

"Internet Safety and Mental Health"

Noon
Presenters:
Team Unscreen, Dr. Kerri Waibel & Mr. Paul Morgan
Virtual
Audience: PreK - 12th

December 9th

"Navigating the Stress of College and Career: De-Escalating Academic Pressure & Burnout"

Noon
Presenter: Ms. Walsh and Ms. Robinson

Virtual
Audience: High School ONLY

January 13th

"Vaping, Substance Use, and Self-Medication"

Noon
Presenters: Mr. Loupis, Ms. Agramonte, Substance Abuse Counselors
Virtual
Audience: High School ONLY

January 20th

"Navigating Playground Politics & Early Friendships"

Noon
Presenter: Ms. Francis, Ms. Lillman
Virtual
Audience: PreK - 5th

February 3rd

"Navigating Friendship Drama, Exclusion, & Rejection Sensitivity"

Noon
Presenter: Ms. Handler, Ms. McDowell
Virtual
Audience: 6th - 12th

March 11th

"Play, Connection, & Frustration Tolerance"

Noon
Presenters: Ms. Celeste, Ms. Jean Louis

Virtual
Audience: PreK - 5th

April 7th

"Screen Use & Mental Health"

7:00 pm
Presenter: Team Unscreen
In-Person/Virtual
Audience: PreK - 12th

SOMSD Community Webinars