



DISC VILLAGE

**Presents:**

**HEALTH AND WELLNESS**

# **SUMMER PARENT ENGAGEMENT SERIES**

**Join us for 6 weeks of diverse mental  
health topics!**

**WEEK 1 (6/16 & 6/18): TRAUMA INFORMED**

**WEEK 2 (6/23 & 6/25): ANXIETY**

**WEEK 3 (6/30 & 7/2): DEPRESSION**

**WEEK 4 (7/7 & 7/9): SELF CARE**

**WEEK 5 (7/14 & 7/16): SELF REGULATED LEARNING**

**WEEK 6 (7/21 & 7/23): TIME/STRESS MANAGEMENT**

# SUMMER PARENT ENGAGEMENT SERIES

## Dates & Times

From: Tuesday 6/16/20 -

Thursday 7/23/20

Weekly: Tuesdays 10-11am & 12-1pm

Thursdays 4-5pm & 6-7pm



FOR MORE INFORMATION

PLEASE EMAIL

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- OR -

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## Session Links

Week 1-6:

[https://zoom.us/j/98436475  
290?](https://zoom.us/j/98436475290?pwd=VF1zNWN6eHNPdWlkN0ovYWZucm5QZz09)

pwd=VF1zNWN6eHNPdWlk  
N0ovYWZucm5QZz09

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