

# Mental Health Awareness Month

## CCS EVENTS - MAY 2021

### *Achieving Mental Health Through Mindfulness*

Join School Social Workers, Tao Sweitzer and Jaimie Pistorius as they discuss the practice of "mindfulness" and how it can assist in obtaining overall mental wellness. This seminar will provide activities that children and adolescents can use to manage stress and regulate emotions.



May 20th 6-7:30pm

Via Zoom

To register, please click on [this link](#)



### **Suicide Prevention Training for Parents**

Join Mental Health Coordinator, Stephanie Whiteside, as she presents the Question, Persuade, Refer (QPR) method via Zoom. Participants will learn clues that a child or adolescent may be contemplating suicide and strategies to assist that individual with maintaining safety and obtaining the help and support they need.

May 4th 6:30-7:45pm

Via Zoom

To register, please click on [this link](#)

