

Applewood's School-Based Services Presents

A Virtual Parent Support Series *open to parents and school personnel*

Supporting Children's Mental Health

Mondays, 5:30p.m.

Zoom info:

Meeting ID: 832 5082 2204 Password: 317167

11/16 (Milkovich), 11/23 (MHHS), 11/30 (Lincoln), 12/7 (JFK), 12/14 (Obama)

Anxiety and Covid-19 Anxiety and Stress

Tuesdays, 6:00p.m.

Zoom info:

Meeting ID: 753 769 6377 Password: Mustangs

11/17 (MHHS), 12/1 (Lincoln), 12/8 (JFK), 12/15 (Obama)

Friday, 11/20 at 11a.m. (Milkovich)

ADHD: How to engage and focus during remote classes

Wednesdays, 5:30p.m.

Zoom info:

Meeting ID: 330 392 5154 Password: Maple

11/18 (Obama), 12/2 (Milkovich), 12/9 (MHHS), 12/16 (Lincoln),

Wednesday, 12/16 at 10a.m (JFK)

Sleep: Sleep schedules, education on importance of sleep; strategies to assist with sleep issues.

Thursdays, 5:30p.m.

Zoom info:

Meeting ID: 668 907 1214 Password: 481267

11/12 (Lincoln), 11/19 (JFK), 12/3 (Obama), 12/10 (Milkovich), 12/17 (MHHS)

Parent-Child Relationship with Focus on Fostering Emotional Development

Fridays, 6:00p.m.

Zoom info:

Meeting ID: 932 935 9703 Password: 3gbADk

11/13 (JFK), 11/20 (Obama), 12/4 (Milkovich), 12/11 (MHHS), 12/18 (Lincoln)