

SEL and Mental Health PLC Topics

Session	Topic
<p>September 7th, 2022 3:00 p.m. to 4:00 p.m.</p>	<p>Suicide Prevention Awareness Learn How to Build Awareness and Implement Preventative Strategies. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853</p>
<p>October 12th, 2022 3:00 p.m. to 4:00 p.m.</p>	<p>Anxiety and Depression Learn How to Identify and Support Students who Experience Anxiety and Depression. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853</p>
<p>November 2nd, 2022 3:00 p.m. to 4:00 p.m.</p>	<p>Understanding Emotions Learn How to Support Students in Understanding How Their Emotions Impact their Day to Day. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853</p>
<p>December 7th, 2022 3:00 p.m. to 4:00 p.m.</p>	<p>Stress Management Learn How to Foster Stress Management Skills for Yourself and Your Students. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853</p>
<p>January 11th, 2023 3:00 p.m. to 4:00 p.m.</p>	<p>Problem Solving Skills Learn how to teach your students to engage in effective problem-solving skills that will benefit them both in and outside of the classroom. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853</p>
<p>February 1st, 2023 3:00 p.m. to 4:00 p.m.</p>	<p>Healthy Identities Learn how to support students to recognize that who we are and how we define ourselves within our environment is complex and that our identities are made of many parts. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853</p>



SEL and Mental Health PLC Topics (cont.)

Session	Topic
March 1st, 2023 3:00 p.m. to 4:00 p.m.	Empathy Learn how to support your students understanding of empathy and strategies for practicing empathy in and out of the classroom. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853
April 12th, 2023 3:00 p.m. to 4:00 p.m.	Goal Setting Learn how to support your students in identifying, setting, and accomplishing goals to promote academic and behavior success. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853
May 3rd, 2023 3:00 p.m. to 4:00 p.m.	Mental Wellness Learn how to teach your students strategies to take care of our emotional health to support feeling balanced so they can meet life's challenges. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853
June 7th, 2023 3:00 p.m. to 4:00 p.m.	Healthy Support Systems Learn how to help your students understand the importance of support systems, how to identify their own support systems, and how to access support systems in and outside of the classroom. Zoom Link: https://rethinkfirst.zoom.us/j/98402906853



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