

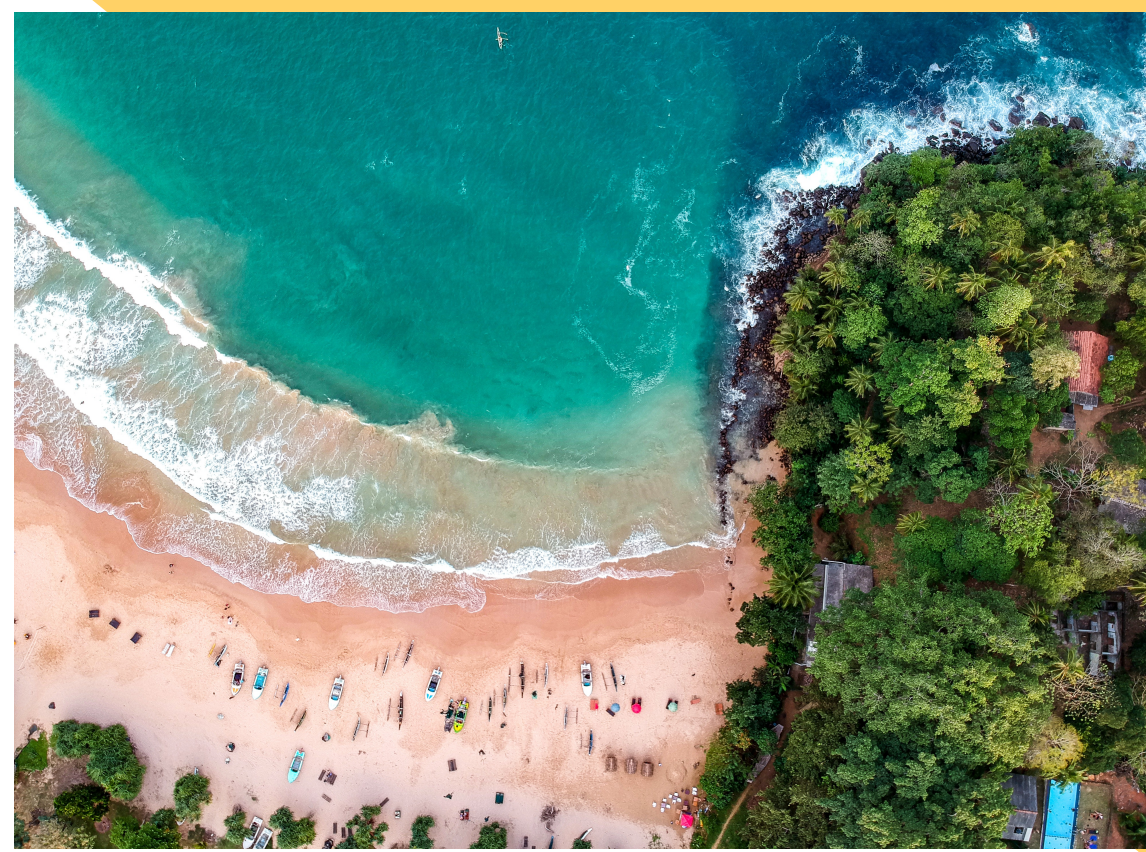
# WELLNESS WEDNESDAY



Join our faculty and staff every wednesday  
at 1:30pm

SCHOOLOGY  
W4T4-88RC-GCH3C

we will discuss different topics: stress,  
distance learning, resilience, balance, and  
goal setting



## PRESENTED BY

KRISTAL MONTOYA LMFT  
LINCOLN HEIGHTS/EL SERENO  
COMMUNITY OF SCHOOLS

LUPE MARTINEZ GIN, ACSW, PPSC  
MAYWOOD/BELL/CUDAHY  
COMMUNITY OF SCHOOLS

LEONOR MIRANDA  
EAST LOS ANGELES  
COMMUNITY OF SCHOOLS

SCHOOLOGY  
W4T4-88RC-  
GCH3C



WHEN: Every Wednesday  
Starting: 9/16/2020  
TIME: 1:30-2:30 (For Now)  
Topics: Vary-based on your needs  
please make sure to sign up, please  
share!

SCAN ME



Please use this code WEEKLY to sign up and sign in. This code will  
not change or scan the QR code.

Bitly Link: [http://bit.ly/Wellness\\_Wednesday\\_Fall\\_2020](http://bit.ly/Wellness_Wednesday_Fall_2020)

## MULTI TIERED SYSTEM OF SUPPORT ADVISOR

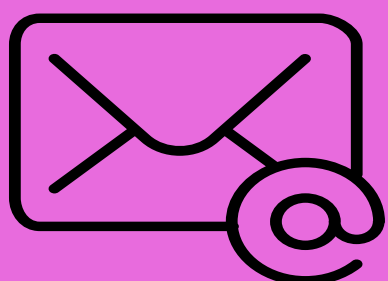
KRISTAL MONTOYA



### Supporting all of your school needs:

SEL, faculty trainings, parent trainings, empathy and class  
culture, cyber etiquette, grief, mindfulness, respect,  
restorative justice, family engagement, defusing disruptive  
behavior and more

PLEASE FEEL FREE TO REACH OUT IF YOU WOULD LIKE  
CLASSROOM SUPPORT IN ANY OF THESE TOPICS.



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