



Mark it on your calendar now!

*School District 75 and the District Parents
Advisory Council (SD75 DPAC) present*

FAMILY MENTAL HEALTH AND WELLNESS FORUM

Thursday, January 28th at 7pm via ZOOM

- selfcare tips for wellness and mindfulness*
- strategies for dealing with stress, anxiety and depression*
- emotional regulation*
- resources for students and family members to help support them during these unprecedented times*

www.dpacsd75.com for more info

