

PARENT COFFEE TALKS AND TRAININGS



High School Sessions

JOIN US FOR



<p><u>Date & Time:</u> Friday, Sept. 27th at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Professional School Counselors <u>Topic:</u> College and Career Readiness <u>Description:</u></p>	<p><u>Date & Time:</u> Friday, Oct. 25th at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Substance Abuse and Kids: Signs and What to Do <u>Description:</u> The discussion will focus on identifying and understanding the signs and symptoms of substance abuse in kids and what step to take to get help.</p>	<p><u>Date & Time:</u> Tuesday, Nov. 12th at 6PM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Relaxation and Self Care: Surviving the Holidays <u>Description:</u> Learning how to help you and your family deal with grief and loss, stress, anxiety, depression, etc. during the holidays. We will also focus on the importance of self-care and provide helpful resources and techniques.</p>
<p><u>Date & Time:</u> Friday, Dec. 13th at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Charitable Works: Getting my Teen Involved <u>Description:</u> This talk will allow parents the opportunity to give back to the community through programs within the district. It will also provide information for resources for fami-</p>	<p><u>Date & Time:</u> Friday, Jan. 31st at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors with Gulf Coast Center <u>Topic:</u> Suicide Prevention <u>Description:</u> Understanding the signs and identifying suicidal ideation, along with supportive resources, will be the topic of this session.</p>	<p><u>Date & Time:</u> Feb. 28th at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Toxic: Teen Dating Violence <u>Description:</u> This topic provides information on how to recognize the signs, what to do, and resources for getting help.</p>
<p><u>Date & Time:</u> March 27th at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Self-Harm and Eating Disorders <u>Description:</u> This presentation will provide information on what self-harm and eating disorders look like, steps to take to get help, and resources for the family of someone dealing with self-harm or eating disorders.</p>	<p><u>Date & Time:</u> Thursday, April 16th at 6PM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Improving Communication: Parents/Students/School Staff <u>Description:</u> Information on ways to improve your communication between the school, the students, and the parents/guardian.</p>	<p><u>Date & Time:</u> Friday, May 22nd at 10AM <u>Location:</u> Santa Fe High School Library <u>Presenter:</u> Wellness Counselors accompanied by outside speaker TBA <u>Topic:</u> Mental Health: Q&A/Panel Discussion <u>Description:</u> May is mental health awareness month, so you will have the opportunity to learn and ask question about mental health from a panel of professionals.</p>





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Description: Learning how to help you and your family deal with grief and loss, stress, anxiety, depression, etc. during the holidays. We will also focus on the importance of self-care and provide helpful resources and techniques.





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Location: Santa Fe High School Library

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Topic: Charitable Works: Getting my Teen Involved

Description: This talk will allow parents the opportunity to give back to the community through programs within the district. It will also provide information for resources for families in need.

