



*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](http://www.dpacsd75.com) for more info*

