



Mindful Middle-Schoolers Program

Resiliency Skills for Anxiety, Depression and Executive Functioning

DePaul University, in partnership with the Oak Park Township Community Mental Health Board and D97, plan to offer a series of community talks to the Brooks/Julian community during the 2019-2020 school year as part of The Mindful Middlers Program. Below is a list of upcoming talks. We plan to offer these again in the spring in case you are unable to attend these dates.

Registration via the eventbrite links below is requested:



Parent/Student/Staff Training (open to all):

- October 10th (Julian): Technology and mental health: strategies to promote mindful digital citizenship <https://www.eventbrite.com/e/technology-and-mental-health-strategies-to-promote-mindful-digital-citizenship-tickets-75086504757>
- October 17th (Brooks): Understanding depression in youth and strategies for treatment and support <https://www.eventbrite.com/e/understanding-depression-in-youth-and-strategies-for-treatment-and-support-tickets-75088139647>
- October 23rd (Julian): Social-emotional needs of today's Middle Schoolers <https://www.eventbrite.com/e/social-emotional-needs-of-todays-middle-schoolers-tickets-75087457607>
- November 7th (Brooks): Mindfulness-based strategies and their applications in academic environments <https://www.eventbrite.com/e/mindfulness-based-strategies-and-their-applications-in-academic-and-home-settings-tickets-75088544859>
- November 14th (Julian): Strategies to support executive functioning and self-regulation development based upon brain science <https://www.eventbrite.com/e/strategies-to-support-executive-functioning-and-self-regulation-in-middle-schoolers-tickets-75087840753>
- December 2nd (Brooks): Understanding anxiety in youth and strategies for treatment and support <https://www.eventbrite.com/e/understanding-anxiety-in-youth-and-strategies-for-treatment-and-support-tickets-75088771537>