



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 Middle Schoolers Program. Below is a list of upcoming talks. Please register via the event-brite links below:

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

- February 5th (Julian): 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-91693133631>
- February 6th (Julian): 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-91694206841>
- February 26th (Brooks): 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-91694529807>
- February 27th (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-91695049361>
- March 4th (Brooks): 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-91695360291>
- March 11th (Julian): Social-emotional needs of today's Middle Schoolers <https://www.eventbrite.com/e/social-emotional-needs-of-todays-middle-schoolers-tickets-91695907929>



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