



### ***Resiliency Skills for Anxiety, Depression and Executive Functioning***

DePaul University, in partnership with the Oak Park Township Community Mental Health Board and D97, plans to offer a series of community talks to the D97 community during the 2020-2021 school year as part of the Mindfulness Matters and Mindful-Middle-Schoolers Programs.

Below is a list of upcoming talks. Community talks are **offered virtually** and are open to ALL community members (staff, parents, students).

<https://www.eventbrite.com/o/depaul-family-and-community-services-20250158751>



Registration via the eventbrite links below is requested

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

Monday, February 22 (1 PM): 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-141697997525>

Thursday, February 25 (6 PM): Strategies to support executive functioning and self-regulation <https://www.eventbrite.com/e/strategies-to-support-executive-functioning-and-self-regulation-in-youth-tickets-141700384665>

Wednesday, March 3 (6 PM): Technology and mental health: strategies to promote mindful digital citizenship <https://www.eventbrite.com/e/technology-and-mental-health-strategies-to-promote-mindful-tech-use-tickets-141699038639>

Thursday, March 11 (6 PM): Mindfulness-based strategies and their applications in academic and home environments <https://www.eventbrite.com/e/understanding-mindfulness-tickets-141700721673>

Wednesday, March 17 (6 PM): Understanding and supporting the emotional health of Black children <https://www.eventbrite.com/e/understanding-and-supporting-the-emotional-health-of-black-children-tickets-141702515037>

Wednesday, March 24 (6 PM): 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-141698771841>