THE WELL-BEING SERIES

Connections During COVID-19: Mental Wellness Webinars For Families & Educators

 All sessions are FREE and being recorded.
Additional supports for parents, educators, and kids to be announced shortly.

A collaboration between the Forefront Suicide Prevention Center, Northwest MHTTC, University of Washington SMART Center, DBT in Schools, NWPBIS Network, and WellEducator.



LEARN MORE ABOUT THE FULL SERIES HERE: BIT.LY/WELL-BEINGNW

LEARN® Saves Lives Suicide Prevention Training

This training teaches essential skills for suicide prevention. Join us to learn how to: make your home safer to prevent the risk of suicide; ask your kid about suicide in a safe way; recognize the signs of a mental health crisis and practical steps to address it.

>> Registration FULL. Access materials here: tinyurl.com/w7wju33

Educator Wellness 4-Part Webinar Series

April 3rd, April 24th, May 15th, June 3rd All webinars from 1 - 2:30pm (PST)

Designed to support you in tapping into your resiliency skills, increasing your selfcompassion, creating self-care routines, building a practice of gratitude and appreciation and celebrating - even those small successes - to support your wellbeing.

>> Learn more and register here: tinyurl.com/EducatorWellness

Student Life Skills to Survive & Thrive During COVID-19 & Beyond

April 7th, 9th, 14th, 16th, 21st, 23rd, 28th, 30th - May 5th, May 7th, and more All live streams from 10 - 11am

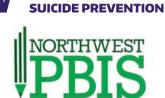
Join DBT experts in their living room as they teach kids the basics of emotional regulation and specific skills such as mindfulness, distress tolerance and interpersonal effectiveness—essential skills at any time, but even more critical during COVID-19. Tune in with your kids to help reduce conflict and to keep this pandemic in perspective.

>> Join via Facebook Live @ DBT In Schools, LLC

MENTAL WELLNESS IS CRITICAL DURING CORONAVIRUS

We're all adapting to a New Normal. Coronavirus has changed our jobs, our homes, our kids' schooling. Every parent is trying to adjust, to manage their changed work situation and changed home situation. We're all worried. None of us know what's coming next. **And nor do our kids.**

We know that suicide rates increase at times of stress, disconnection and loss of purpose, and our kids are experiencing all of these right now. Now, more than ever, we need to support our kids' mental health, and parents need to understand the basics of suicide awareness and prevention.



OREFRONT







