

# 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](https://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](https://tinyurl.com/w7wju33)**

**W FOREFRONT**  
SUICIDE PREVENTION

**NORTHWEST**  
**PBIS**

### 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 self-compassion, 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](https://tinyurl.com/EducatorWellness)**

**WE**  
WellEducator  
connection • compassion • curiosity

**Northwest (HHS Region 10)**  
**MHTTC**  
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

### 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**

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**IN**  
**SCHOOLS**

**SMART**  
School Mental Health Assessment  
Research & Training Center

## 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.