



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, will offer a series of **VIRTUAL** community talks to the Brooks/Julian community as part of The Mindful Middle-Schoolers Program. Below is a list of upcoming talks. Registration via the eventbrite links below is requested:

Parent/Student/Staff/Community Talks (open to all):



- May 12th, 2020: Mindfully Coping: Strategies for Children and Families During a Pandemic <https://www.eventbrite.com/e/coping-mindfully-strategies-for-children-and-families-during-a-pandemic-tickets-104362182096>
- May 20th, 2020: 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-104370637386>
- May 27th, 2020: 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-104458977614>
- May 28th, 2020: 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-104370791848>
- June 3rd, 2020: 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-104361018616>
- June 10th, 2020: 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-104459673696>