



## *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):**

Wednesday, October 21: Mindfully Coping: Strategies for Children and Families During a Pandemic <https://www.eventbrite.com/e/mindfully-coping-strategies-for-children-and-families-during-a-pandemic-tickets-124150095277>

Thursday, October 29: Strategies to support executive functioning and self-regulation <https://www.eventbrite.com/e/strategies-to-support-executive-functioning-and-self-regulation-in-youth-tickets-124164006887>

Wednesday, November 4: Mindfulness-based strategies and their applications in academic and home environments <https://www.eventbrite.com/e/mindfulness-based-strategies-in-academic-and-home-settings-tickets-124164791233>

Thursday, November 12: 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-124165523423>

Wednesday, November 18: 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-124167264631>

Tuesday, December 1: LGBTQ Youth: Understanding and supporting mental health and well-being <https://www.eventbrite.com/e/lgbtq-youth-understanding-and-supporting-mental-health-and-well-being-tickets-124167752089>

Wednesday, December 9: 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-124168632723>