



The Bronx School Mental Health Consultant Team is offering virtual workshops for our School Communities:

***“Mental Health Awareness Week”
May 18th-May 22nd, 2020***

Parent / Caregiver Workshops

- **Tuesday 5/19/20 Self-Care for Caregivers**

English and Spanish Sessions : 2:30pm-3:00pm

- **Thursday 5/21//20 Strengthening Resiliency to Manage Anxiety For Caregivers**

English and Spanish Sessions 2:30pm-3:00pm

Zoom Info for All Workshops

Meeting ID: 82374868620 Password: MHA2020

Zoom Info for Spanish Caregiver Sessions

Meeting ID: 72718326904 Password: selfcare

[Click here to join Workshops](#)

[Click here to join Spanish Parent/Caregiver Workshops](#)