

# MENTAL HEALTH

## PRESENTATIONS 2023-2024 SCHEDULE



DATES	TOPIC
<b>September 6, 2023</b>	Understanding Adverse Childhood Experiences (ACEs)
<b>September 27, 2023</b>	Vaping and the consequences
<b>October 11, 2023</b>	Social Media and the consequences
<b>October 25, 2023</b>	How to deal with adolescence
<b>November 1, 2023</b>	Bullying
<b>November 15, 2023</b>	Social anxiety
<b>December 6, 2023</b>	Body image and disorders
<b>January 24, 2024</b>	Nutrition (how it affects your body and mind)
<b>February 7, 2024</b>	The onset of psychosis
<b>March 6, 2024</b>	Acceptance/Respect/Diversity

Audience FAMILY	Language ENGLISH	Time 9am-10am	Presenter: Dernay Coley
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Session link: <https://zoom.us/j/97715548485>

Department of Guidance and Counseling



For more Information (956) 473-5248

[www.uisd.net](http://www.uisd.net)

# Parent Monthly Meetings

## MENTAL HEALTH

2023-2024

*Let's talk about it*

**Location: Family Matters Resource Center  
(4906 US-83)**

**Time: 11:00 a.m. -12:00 p.m.**



**All presentations will be delivered by UISD Licensed Professional Counselors (LPCs)**

DATES	TOPIC	PRESENTER
September 28	How to Deal with Depression	Elda Salinas
October 26	Acceptance/ Respect & Diversity	Elizabeth Gardner
November 30	Social Media and the Consequences	Xochitl Kladis
January 25	Body Image and Disorders	Carolina Pllum
February 29	Nutrition (how it affects your body and mind)	Elda Salinas
March 28	How to deal with adolescence	Elizabeth Gardner
April 25	Social Anxiety	Xochitl Kladis



**TO REGISTER SCAN THE QR CODE  
OR GO TO THE LINK BELOW:  
<https://bit.ly/LPCsessions>**



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# PARENTING SESSIONS

## September 2023 - April 2024

**Location:** UISD Family Matters Resource Center  
(4906 US-83)

**Time:** From 11:00 a.m. to 12:00 p.m.

The presenters will be the UISD Licensed Chemical Dependency Counselors (LCDCs)

**TOPICS:**

## Substance Abuse



DATE	TOPIC	PRESENTER
9/13/2023 - Wednesday	Vaping Presentation	LCDC - Hector Gutierrez
10/12/2023 - Thursday	Fentanyl Presentation	LCDC - Claudia Garza
11/08/2023 - Wednesday	Substance Abuse	LCDC - Melissa Mendoza
1/18/2024 - Thursday	Hallucinogens Presentation	LCDC - Claudia Garza
2/6/2024 - Tuesday	Prescription Medications & Delta 8 Products Presentation	LCDC - Joel Leal
3/5/2024 - Tuesday	Marijuana Presentation	LCDC - Melissa Mendoza
4/10/2024 - Wednesday	Alcohol Presentation	LCDC - Joel Leal

TO REGISTER GO TO THE LINK OR SCAN THE QR CODE: <https://bit.ly/LCDCsessions>



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