School Mental Health Newsletter: JANUARY 2024







Important Phone Numbers to Know:

- South Oaks Hospital Admissions -631-608-5885
- Cohen Children's Medical Center Pediatric Behavioral
 Health Urgent Care 718-470-3148
- Cohen Children's Pediatric ED 718-470-3768
- RVC Behavioral Health Center -516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- Commack Behavioral Health Center- 631-775-3280
- Long Island Crisis Center 516-679-1111
- Center for Hope 516-216-5194
- National Suicide Prevention Lifeline- call or text 988

Quick Reads:





THE WELL
The best breakfast foods to start your day
Click here to read

NAMI
Mental health new year's resolutions
Click here to read

World Health Organization Ten healthy choices to make in 2024

Click here to read

FORBES.com New Year's resolution statistics 2024

Click here to read



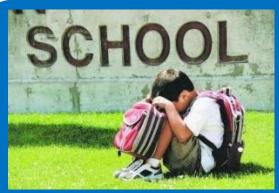
<u>Click Here</u> to learn more about why we celebrate **Martin Luther King Jr. Day**, - from Parents.com



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Upcoming Education Opportunities



Click here to register for one or all sessions: Session 3: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

School Avoidance Workshop

School Mental Health Program is proud to provide an educational lunch and learn – Tuesdays 12:00pm – 12:45pm

This series is for parents to learn about school avoidance with a focus on skills and strategies to support children.

This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
 - Strategies to decrease school avoidance
 - Where you can find additional resources

Emotional Intensity, Anger and Calming Strategies:

"How you can help your child manage anger/outbursts"

Date: Thursday January 18th, 2024 at 12:30pm

CLICK HERE to register

Competition & Academic Burnout: "How can parents students in need"

Date: Thursday February 15th, 2024 at 12:30pm

CLICK HERE to register

LUNCH& LEARN

Health Starts at Home: A Cohen's Children's Medical Center Series for Parents, Guardians & Caregivers

Healthy Eating on a Budget

Date: Tuesday, January 9, 2024

Time: 6:00 PM - 7:00 PM

Body Image: Raising

Confident Kids

Date: Thursday, February 15, 2024

Time: 6:00 PM - 7:00 PM



Click here to register for the above virtual educational sessions or scan the code to the right:



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Helpful dates and links to register!

Cohen Children's Medical Center: Health Starts at Home Series

Format: Virtual Time: 6pm-7pm



1/9/24 Health Eating on a Budget

2/15/24 Body Image: Raising Confident Kids

3/15/24 Gender & Sexuality 4/9/24 Health Communications

5/14/24 Having "The Talk: Discussing Puberty

Northwell School Mental Health: Community Education Lunch & Learn Series

Format: Virtual

Time: 12:30pm - 1:30pm

1/18/24 Emotions, Anger & Calming strategy

2/15/24 <u>Competition & Burnout</u>3/21/24 <u>Risk behaviors in Teens</u>

4/18/24 <u>Sibling Relationships</u>

5/16/24 Raising emotionally health kids

School Refusal Workshops for Parents

Format: Virtual

Time: 12:00pm - 12:45pm

Session 3: (click here)

1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 4: (click here)

2/27, 3/5, 3/12, 3/19, 3/26, 4/2

Session 5: (click here)

4/9, 4/16, 4/30, 5/7, 5/14, 5/21

January 2024								February 2024							March 2024							
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	April 2024							May 2024								June 2024						
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		October 2024					November 2024								December 2024							
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