

Western Psychological and Counseling Services School Based Program is happy to provide several educational opportunities for parents and students, at no cost to those in attendance! These gatherings will be held virtually via Zoom, unless updated regulations come from for our local authorities. All are welcome!

- **October 8- A 21st Century Approach to Recovery** at 4 pm (Click [here](#) for Zoom Link)
- **November 17- Hidden Dangers of Nicotine and Vaping** at 4 pm (Click [here](#) for Zoom Link)
- **February 16- Adult Children of Alcoholics** at 5 pm (Click [here](#) for Zoom Link)
- **March 17- Marijuana in Our Community** at 5 pm (Click [here](#) for Zoom Link)
- **April 21- Hidden Dangers of Nicotine and Vaping** at 4 pm (Click [here](#) for Zoom Link)

WPCS School Based Program is also excited to host virtual gatherings- again, at no cost for attendees- for those looking to safely connect with peers. These gatherings are age specific, giving everyone a chance to be nurtured to their specific needs.

- **Mindfulness in Times of Stress - Wed 9/30** at 1pm (Click [here](#) for Zoom Link)
- **COVID-19 and Isolation** (ages 13-18) - **Mon 10/12** at 3pm (Click [here](#) for Zoom Link)
- **How to Deal with the COVID-19 Situation in Spanish** (Click [here](#) for Zoom Link)
 - Adolescents (ages 11-18)- **Tues 9/15** at 2pm
 - Adults- **Tues 9/15** at 3pm
- **Parenting in the Age of COVID-19 - Thurs 9/24** at 3pm (Click [here](#) for Zoom Link)
- **Take a Sacred Pause** (Adults Only) - **Weds 10/7-11/11** at 6:30 pm (Click [here](#) for Zoom Link)
- **Student Empowerment Club** (Click [here](#) for Zoom Link)
 - High School - **Wed 9/30** at 4 pm
 - Middle School - **Thurs 10/1** at 4 pm
- **Safe Drivers Club** (High School only) - **Mon** at 1pm (date TBD) (Click [here](#) for Zoom Link)

Lastly, as is consistent with the previous year, WPCS School Based Staff will be engaging with the health educators in providing more depth and engagement for the middle and high school students. Topics covered include, but are not limited to:

- Emotional awareness and common mental health struggles, including symptoms and treatment of anxiety and depression
- Healthy relationships and boundaries with peers and others
- Suicide Prevention- keeping ourselves and our loved ones safe
- Substance use disorders, as well as common drugs of abuse, and their effects on individuals and families

Please feel free to reach out to our **Coordination Team, at (971)-808-3643**, with any questions regarding these events, and look forward to more detailed information as they draw closer!

Please see the following [link](#) to refer those who might be struggling, and in need of individual services.