

Supporting Your Student: Self-Regulation & Coping Skills

Join the Rocklin Unified School District
Social Work Specialists live via Zoom for a workshop
on how to use healthy coping skills to support your
student's self-regulation

Managing emotions takes practice, and starts with adults
leading the way.

Join us via Zoom:

<https://wellnesstogether.info/Workshop>



Tuesday, November 16th
5:00 pm - 6:00 pm

FREE event for
RUSD Families & Students

 **WellnessTogether.org**
School Mental Health