



SEL & Mental Health Summer PLC Series

Get Started

Sessions will be hosted by Rethink Ed Professionals on the Zoom conferencing application.

Rethink Ed SEL, Mental Health, and Whil Program Refresher & Updates

In this session participants will learn about the SEL and Mental Health Professional Development and student curriculum on Rethink Ed as well as Whil, a research-based program and part of the Rethink Ed suite of comprehensive solutions developed for all adults to help improve mental wellbeing, performance, relationships, and sleep. Participants will also learn about new enhancements to the Rethink Ed Platform including the new Mental Health PD and curriculum and manage student assignments feature.

Tuesday, July 12th 9:00 – 10:30 AM

[Click Here to Register through Whetstone](#)

Thursday, July 14th 1:00 – 2:30 PM

[Click Here to Register through Whetstone](#)

Preventing Violence

This PLC is for educational teams who wish to better understand the different types of violence and strategies to prevent violence in their school communities. Participants will develop an understanding of violence prevention strategies and how to identify the different types of violence. Participants will also learn to identify the signs to be aware of when violence is present in a student's life. Participants will have the opportunity to practice and understand the importance of open communication, healthy boundaries, self-advocacy, and the essential strategies for helping to prevent and end violence in school communities.

Tuesday, July 19th 9:00 – 10:30 AM

[Click Here to Register through Whetstone](#)

Thursday, July 21st 1:00 – 2:30 PM

[Click Here to Register through Whetstone](#)

Anxiety

Anxiety is an emotion that most people experience, and it can be helpful, and it can be more intense and difficult to manage for some. Adults and kids can experience anxiety in many ways, and it is helpful to know several strategies to cope with the symptoms of anxiety.

Tuesday, July 26th 9:00 – 10:30 AM

[Click Here to Register through Whetstone](#)

Thursday, July 28th 1:00 – 2:30 PM

[Click Here to Register through Whetstone](#)

Depression

This PLC is for educational teams who wish to further their understanding of depression and how it affects everyday activities. When someone has depression, they may start to lose sight of their strengths, abilities, and interests. Participants will gain a better understanding of how depression works and how to fight it. Through interactive activities participants will be able to identify and help students who may be dealing with depression by assisting them in applying meaningful strategies, encouraging self-compassion, and developing a growth mindset.

Tuesday, August 2nd 9:00 – 10:30 AM

[Click Here to Register through Whetstone](#)

Thursday, August 4th 1:00 – 2:30 PM

[Click Here to Register through Whetstone](#)

Mental Wellness

This PLC is for educational teams who wish to further their understanding of mental wellness and how it affects everyday students and staff. Mental wellness involves taking care of our emotional health, feeling balanced, connected, and able to meet life's challenges. Participants will learn strategies for how to care for our mental well-being and how to support the mental well-being of students.

Tuesday, August 9th 9:00 – 10:30 AM

[Click Here to Register through Whetstone](#)

Thursday, August 11th 1:00 – 2:30 PM

[Click Here to Register through Whetstone](#)