

Hicksville Mental Health and Wellness Coalition Hicksville Schools

A Virtual Parent University



Fresh Horizons: A New Learning Series For Adults January 2021

The Hicksville Mental Health and Wellness Coalition and the Hicksville School District are proud to announce the launch of *Fresh Horizons*, a new social emotional learning series for our parents/guardians. Fresh Horizons was designed with the expressed goal of creating a virtual location/platform for solution- focused parent workshops.

Our first series of workshop topics were selected from the results from Hicksville's Social Emotional Learning (SEL) Parent Survey (12/20). We received over 350 survey responses from our community, and the three most requested parent workshop topics were Mental Health, Mindfulness, and Google technology.

In response to the survey results, we have created and scheduled the following workshops. Please, register in advance on the Hicksville website.

Mental Health

Date: Wednesday, January 27th at 7:00 PM (**Elementary and Secondary**)

Presenter/Facilitator: David Hymowitz, LCSW

Topic: *Finding Hope and Resilience*

<https://zoom.us/meeting/register/tJkcu2orzssH9LSZPQHSGM3roYVH3jrARks>

Mindfulness at Home

Date: February 8th at 7:00 PM (**Elementary**)

Presenter/Facilitator: Todd Benjamin, LCSW

Topic: *Mindfulness-Based Table Talks, Tools and Tips*

<https://zoom.us/meeting/register/tJkduuppj4iHtNeSicDslfRvp6itahz4TWA>

Date: February 9th at 7:00 PM (**Secondary**)

<https://zoom.us/meeting/register/tJEsfuqvrDkiG9bta3sQnUhIDVdpQUSHI4Rm>

Google Classroom

Date: January 28th at 6:00 PM (**Elementary and Secondary**)

Presenter/Facilitator: Tim Gill

Topic: *Google Classroom Parent Tutorial*

<https://zoom.us/meeting/register/tJlkdOioqzqgHNb1wNHQPJKeJMvLtOVJ42rl>