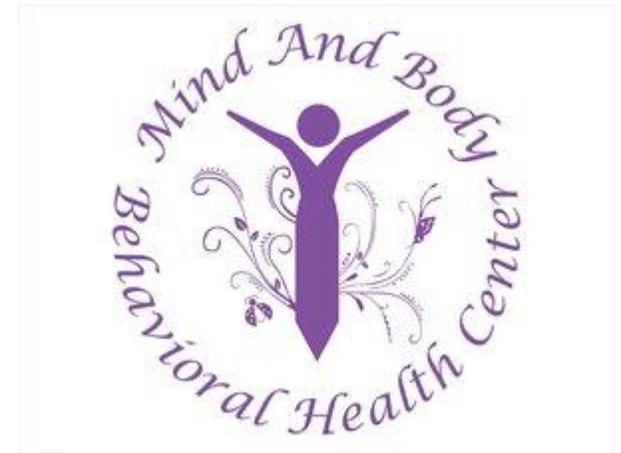




Mind and Body Behavioral Health Center is dedicated to serving the needs of our community. We are devoted to making sure you have the best attention, care and support.

Please reach out to our Office at mindandbodyoffice@gmail.com or call 508-468-7218, with any questions.

For more information please visit our website at www.mindandbodybhc.org



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Student Workshops

- S1- Who am i and how do I stand up for myself?
- S2- Why do I feel this way?
- S3- Why does my body not feel like it is my own?
- S4- Girl Empowerment
- S5-Transitioning to college
- S6- Self-advocating and understanding your IEP/504 accommodations for independence
- S7- Why is my relationship so confusing and how do I express my needs?
- S8- How can I advocate for myself?
- S9- How can I keep myself safe at school?
- S10- Being Independent
- S11- Other. Please specify your current needs.

Parent Workshops

- P1- Diagnosis: what does it mean?
- P2- How to advocate for my child with their IEP or 504
- P3- How to know if my child is at risk?
- P4- How to advocate for your child's physical, academic and emotional needs
- P5- How do I know if my child is suffering from a mental illness?
- P6- Frustration between being a friend and being a parent
- P7- How can I better support my child that is struggling?
- P8- How to help my child utilize their accommodations independently
- P9- How to advocate for you child's social/emotional needs in school
- P11- Other. Please specify your current needs.

Outreach for Staff

- O1- Creating a safe place for teachers
- O2- How to manage stress in the workplace
- O3- Understanding the IEP/504 process and how it affects students
- O4- Being a friend vs a disciplinarian
- O5- Effective teaching styles
- O6-Dealing with a difficult student and understanding anger vs insecurity
- O7- Effective strategies to have control over the classroom
- O8- Establishing a safe place to learn with the help of my students
- O9- Case management from an outside course
- O10- How can I identify if my student is struggling and what do I do?
- O11- Concern of my role in a school shooting and what should I be telling my students
- O12- Other. Please specify your current needs