

WELLNESS

February mental wellness tips from the MCISD Mental Health Team



Through a partnership with TRAILS we have access to 20 ready-made lessons with electronic agendas & resources. Our mental health team is here to help you learn how to implement these lessons within your virtual or in-person classroom!

Contact us @ margot.lechlak@monroeisd.us if you're interested!

Participate in Friendly February!

Friends help us reduce stress, make us laugh, help us feel known & understood, motivate us to take care of ourselves, & fulfill the basic need of belonging



Click [HERE](#) for the calendar!



Whatever you need, the Mental Health Team is here for you.

Visit our webpage: [MCISD Mental Health Support Services & Twitter](#) for updates & resources! Call: 734-322-2724

 @MCISDMentalHlth

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