

WELLNESS

November Wellness tips from the MCISD Mental Health Team

Youth Mental Health First Aid

12/16/22 8am-1pm

2 hours of self-paced pre-work & virtual live learning session

[Register HERE!](#)

"Just try new things. Don't be afraid, step out of your comfort zone & soar."

-Michelle Obama

New Ways November

Watch the [video](#) to learn how being curious and creating new habits can support a healthy well-being!

[Download the calendar](#) to try it out!

Questions?

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

[MCISD Mental Health Support Services](#) & Twitter for updates & resources! We have expanded- look to see who has joined our team!

Call: 734-322-2724 @MCISDMentalHlth

