

Attention Special Education Community:

The Behavioral Health and Recovery Services Prevention and Outreach Team is pleased to announce a series of events in honor of May Mental Health Awareness Month. Mental Health Awareness Month was established in 1949 to increase understanding of the importance of mental health and wellness, and to celebrate recovery and hope. Please join the BHRS Team and our community partners as we build our collective understanding of mental health and well-being in our community. Mental well-being demands we challenge stigma in all places where we live, work, play, learn and pray. Together, we can support one another and fully recognize that mental health *is* health.

Please use the following link to view all of the [2021 Virtual Events and Offerings](#) hosted by Marin County Behavioral Health and Recovery Services

NUSD SPECIAL EDUCATION NIGHT - THURSDAY, MAY 13TH 6pm-7pm

We invite you to join us for a Disability Awareness Workshop facilitated by our partner, Sam Drazin with Changing Perspectives. When we encourage our children to consider their differences, we create opportunities to honor individual strengths and weaknesses. Young people who feel confident in their uniqueness can advocate for themselves and are able to collaborate and communicate with their peers in safe, respectful ways. Together we will focus on how parents and caregivers can help their children gain awareness, confidence, and self-advocacy skills related to their disability. This workshop will define the concept of disability awareness and offer specific strategies for parents on supporting disability awareness at home. Time for Q & A will follow the presentation.

NUSD SpEd Night RSVP May 2021

Join Zoom Meeting - <https://nUSD-org.zoom.us/j/82280890016>

UPCOMING COMMUNITY WEBINARS

We also want you to be aware of some upcoming community webinars that will be held in this month:

May 1st - 2nd, 10a - 12p. Mental Health Youth Summit. During these two interactive and youth-led sessions, participants will learn about demystifying mental health, suicide prevention, and how to support themselves and their peers with mental health struggles. Guest speaker: Kelechi Ubozo, author, poet, mental health activist.

Monday, 5/3, 6-8p. Transition to Kindergarten. Hosted by Matrix. [Register here](#)

Tuesday, 5/4, 10a-12p. Positive Behavior Supports and Behavior Intervention Plans. Hosted by Matrix. [Register here](#)

Wednesday, 5/5, 10-10:30a. Clases de Música en Línea para los más Pequeños. Hosted by Matrix. [Register here](#)
6-8p. Transición a Kindergarten. Hosted by Matrix. [Register here](#)

Thursday, 5/6, 10-10:30a. Online Music Classes for Little Ones. Hosted by Matrix. [Register here](#)

10a-12p. Taking Care of the Caregiver: Understanding and Managing the Impact of Caregiving for Children and Adolescents with Special Needs. Hosted by Matrix. [Register here](#)

3-5p. Taking Care of the Caregiver: Understanding and Managing the Impact of Caregiving for Children and Adolescents with Special Needs. Hosted by Matrix. [Register here](#)

Tuesday, 5/11, 10a-12p. Understanding Behavior Intervention Plans. Hosted by Matrix. [Register here](#)
7-8p. Parent Connections. Hosted by Dedication to Special Education. [Zoom Link](#) ID: 322 237 8471

Wednesday, 5/12, 9-10:30a. Marin County Special Education Advisory Committee (SEAC) Meeting. [Info here](#)
10-10:30a. Clases de Música en Línea para los más Pequeños. Hosted by Matrix. [Register here](#)
1-2:30p. Transición a Preescolar. Hosted by Matrix. [Register here](#)

Thursday, 5/13, 10-10:30a. Online Music Classes for Little Ones. Hosted by Matrix. [Register here](#)
1-2:30pm. Transition to Preschool. Hosted by Matrix. [Register here](#)
6-7p NUSD SPED Night. Disability Awareness with Changing Perspective's Sam Drazin. [Register here](#)

Wednesday, 5/19, 10-10:30a. Clases de Música en Línea para los más Pequeños. Hosted by Matrix. [Register here](#)
10-12p. Entendiendo los Planes de Intervención de Comportamiento. Hosted by Matrix. [Register here](#)

Thursday, 5/20, 10-10:30a. Online Music Classes for Little Ones. Hosted by Matrix. [Register here](#)

Tuesday, 5/25, 6-8p. Preventing Behavior Problems through Positive Parenting. Hosted by Matrix. [Register here](#)

Wednesday, 5/26, 6-8p. Prevención de Problemas de Conducta Mediante la Crianza Positiva. Hosted by Matrix. [Register here](#)