

Jordan Health and Wellness

Tuesday Tips

Grab your lunch and learn with us virtually every Tuesday at noon for less than 30 minutes!

These webinars are aimed to help support wellness at home during this complex time. If you are unable to join us live, look for the recordings on our website:

wellness.jordandistrict.org

September & October 2020 Topics

9/22 @ 12:00 PM - Behavior ABC's: Behavior basics to understand why children behave the way they do and how to support them

9/29 @ 12:00 PM - Ending Power Struggles: How to recognize and end power struggles

10/6, 10/13, & 10/27 @ 12:00 PM - National Bullying Prevention Month:

Topics in October will cover recognizing, reporting, and responding to bullying including how to help your child if they are involved as a bully, bystander, or one who has been bullied

Click the link to access previously recorded Tuesday Tips, sign up for live meetings, or visit our website:
wellness.jordandistrict.org/tuesday-wellness-tips/

