TODAY'S DATE

GRADE LEVEL(S)

OF CLASSROOMS

OF STUDENTS

*PREFERRED DATES

*PREFERRED DAYS OF WEEK

*PREFERRED TIMES OF DAY

*Due to high level of interest in youth programming, MHA cannot guarantee date and time, but all efforts will be made to accommodate schools as best as possible.

Mindful
CLASSROOM MHA
INITIATIVE

915 N. 7TH ST.
SHEBOYGAN, WI 53081
920-458-3951

YOUTH MENTAL HEALTH TOPICS

Create a culture that promotes happiness, health, and overall well-being. MHA offers high quality trainings and workshops for youth using evidence-based best practices for the mind, body, and heart.

Please fill out the following form to the best of your ability providing the details of your interest in the program. **When complete, please scan the form and send to trisha@mhasheboygan.org or 915 N. 7th St. Sheboygan, WI 53081.** *We will respond as soon as our schedule allows. Thank you!*

EDUCATION & WELLNESS WORKSHOPS

- **Depression/Anxiety** _____
  - Students learn the signs, symptoms, and other aspects of depression and anxiety. Students will receive a list of resources available within the community.
- **Depression/Suicide Prevention** _____
  - Students learn the signs of depression and receive valuable information on how to help prevent suicide. The topic of self-inquiry can be included upon request. Suicide prevention information is distributed to all students.
- **Mental Health Awareness** _____
  - Characteristics of good mental health are provided, along with a description of common mental illnesses. Students learn about healthy lifestyle choices, and discover that the brain can be affected by illness.
- **Stress Management** _____
  - Students learn healthy ways to manage stress in their lives.
- **Introduction to Mindfulness (high school only)** _____
- **Mindful Movement** _____
- **Custom Program/Topic (describe below):** _____

School Name _____

Contact Person/Title _____

Other comments or questions

_____

_____

_____

Please contact MHA with any questions or requests regarding the program at trisha@mhasheboygan.org. We look forward to connecting with you!