



Coping with Stress:

A Review of Resources & Sharing of Mental Health Supports at WHS

A panel will be gathered to speak with parents about the resources available to students and families as they navigate their time at high school. The purpose of the meeting is to gain a better understanding of the continuum of support available at Wilson and to come together as a community to acknowledge the needs of our students.

Members of the Panel:

- Mindfulness instructor from our partner Peace in Schools
- WHS Peer Counseling instructor Kathryn Wolff and students
- Wilson High School Vice Principal Maude Lamont
- School Psychologist Megan Moyer
- PPS Student Services Mental Health Specialist Amy Ruona-Banister
- Western Psychological Services Representative
- Ben Ladd from Project Options

April 8, 2015

6:30 – 8:00 PM

Library — WHS

Hosted by Wilson PTA