

# School Mental Health Newsletter: DECEMBER 2023



HAPPY *holidays*

Hanukkah

Christmas

Winter Solstice

Diwali

Kwanzaa

**Celebrating all cultures this holiday season!**

Information below provided courtesy of National Geographic Kids:

[Click Here](#) to learn about Hanukkah

[Click Here](#) to learn about Christmas

[Click Here](#) to learn about Winter Solstice

[Click Here](#) to learn about Dwali

[Click Here](#) to learn about Kwanzaa

HAVE A HAPPY AND SAFE  
*winter Break!*

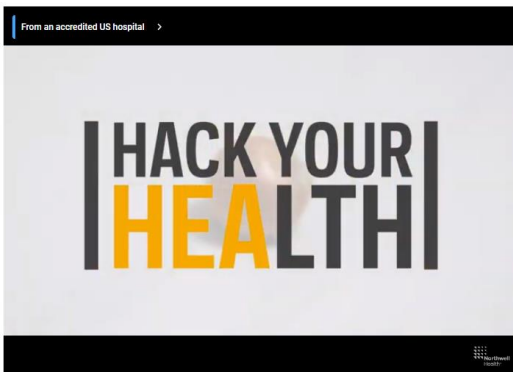
**Important Phone Numbers to Know:**

- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Pediatric ED – 718-470-3768
- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- Commack Behavioral Health Center- 631-775-3280
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- call or text 988

**Holiday Fun**

[CLICK HERE](#) for your guide to **WINTER FUN** on Long Island this holiday season!!!

**Quick Reads:**



**THE WELL**

**Hack your health: Holiday Stress**

[Click here](#) to read

**Need to de-stress? Try these foods**

[Click here](#) to read

**TIME Magazine**

**6 Ways to give better gifts**

[Click here](#) to read

**MAYO Clinic**

**Finding a balance: Tips for caregiving and self-care**

[Click here](#) to read



International Day of  
**Persons with Disabilities**

**3 DECEMBER**

[Click here](#) to learn more about the observance of International Day of Persons with Disabilities.



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## Upcoming Education Opportunities

### School Avoidance Workshop

School Mental Health Program is proud to provide an educational lunch and learn – **Tuesdays 12:00pm – 12:45pm**

This series is for parents to learn about school avoidance with a **focus on skills and strategies to support children.**

This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
- Strategies to decrease school avoidance
- Where you can find additional resources



[Click here to register for one or all sessions:](#)

**Session 3: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13**

# LUNCH AND LEARN

### Family Stress First Aid:

“How can family support each other and manage stress?”

**Date: Thursday December 21<sup>st</sup>, 2023 at 12:30pm**

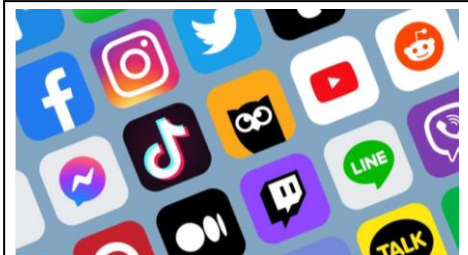
[CLICK HERE](#) to register

### Emotional Intensity, Anger and Calming Strategies:

“How you can help your child manage anger/outbursts”

**Date: Thursday January 18<sup>th</sup>, 2024 at 12:30pm**

[CLICK HERE](#) to register



The Center of Excellence on Social Media and Youth Mental Health, alongside the National Council on Mental Wellbeing would like to invite you to a [webinar](#).

**New Year, New Start:  
Talking with Teens about Social Media and Mental Health.**

Date: Wednesday December 6<sup>th</sup>, 2023

[Click here to register.](#)

Parents and caregivers play an important role in guiding how children and teens use social media. But starting that conversation can be hard! How can we engage young people in useful conversations?...



### VIRTUAL SESSION: Home Safety

Date: Tuesday, December 5, 2023

Time: 6:00 PM – 7:00 PM

[Click Here](#) or scan the barcode

# SAFETY

### Health Eating on a Budget

Date: Tuesday January 9<sup>th</sup>, 2024



# Northwell Health®