



LET'S TALK ABOUT MENTAL HEALTH & WELLNESS!



A collaboration between **UTRGV-TCHAT** and **United ISD**

Sessions:

- **Bereavement: Managing Grief**
 - **September 21, 3:30-4:30pm**
- **Mental Health & Wellness**
 - **October 19, 10-11am**
- **Stress Coping Skills**
 - **November 30, 3:30-4:30pm**
- **Anxiety & Depression in Children**
 - **December 14, 3:30-4:30pm**

Presenter



Dernay Coley, LCSW
UTRGV SOM
Instructor of Psychiatry

Join us using the link below:

<https://utrgv.zoom.us/j/81989774678>
Zoom meeting ID: 819 8977 4678

For questions about logging in to the meeting, please contact
TCHAT@UTRGV.EDU or call at (956) 296-7841