

PROJECT EDUCATE *invites you to a complimentary workshop on*

## Student Mental Health & Wellbeing

- **“Nurturing Independence to Foster Conflict Resolution”**

*By Lou Ann Gray, M.ED., NCPC—The Open Door*

- Independent living and problem-solving skills
- Conflict resolution versus being in conflict
- Non-violent resolutions to difficulties

- **“Self-care for transition-age students on the autism spectrum”**

*By Tim Mikes, B.S. Public Health/Certified Health Ed. Specialist—Vocational & Psychological Services*

- Importance of active self-care and how to do it
- Self-advocacy knowledge and skills
- Stress management ideas and techniques

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**Who:** Parents, guardians, and professional supports of **AND** students 14-21 with transition challenges (a 504 plan or IEP, autism diagnosis, chronic illness, disability, emotional / learning support, medical issue, mental health diagnosis, etc.)

**Where:** The Craft House & Gastropub—411 Butler Rd., Kittanning

**When:** Tuesday, December 11<sup>th</sup>, from 6:00 PM – 8:00 PM

*Complimentary appetizers and beverages provided*

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**Please RSVP if possible to 724-841-9711 or via Facebook; walk-ins welcome!**



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Child care available. Project Educate is funded through an Innovation and Expansion Grant via OVR - Contract # 4000020575

**ALL PROJECT EDUCATE MATERIALS ARE AVAILABLE  
IN ALTERNATE FORMATS UPON REQUEST.**