


SPECIAL EDUCATION PARENT RESOURCE CENTER MONTHLY NEWSLETTER

PULSE POINTS: NEWS & UPDATES

MAY IS MENTAL HEALTH

AWARENESS MONTH



May is Mental Health Awareness Month, a time to recognize the importance of mental well-being in our lives. This month, we encourage all families to engage in open conversations about mental health, especially as it pertains to our children's unique challenges and needs. Be on the lookout for forthcoming events that will provide resources to support our community in fostering a healthy, supportive environment. Together, let's use this opportunity to increase awareness, break down stigmas, and build stronger support networks within our community.



PARENT RESOURCE CENTER CONTACT INFORMATION

Located in Room 305:

Booker T. Washington Elementary
204 Walnut Street
Suffolk, VA 23434

Hours:

Monday 10-2 Tuesday 9-1

Wednesday 1-5 Thursday 10-2

Friday 9-1 (Other times by APPT)

Phone: 757-925-5785

Email: velvetsmith@spsk12.net

Click link for [Parent Contact Form](#)
or scan QR Code



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PARENT RESOURCE CENTER

- **Vision:** Creating a future where every child's unique abilities are recognized and nurtured, facilitated by informed parents and a supportive educational community.
- **Mission:** To equip and guide parents through the special education journey by providing essential resources, expert advice, and a supportive community, ensuring each student's academic and personal success.
- **Values:**
Empowerment * Collaboration * Inclusivity

PULSE POINTS: RESOURCES & TOOLS

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VDOE OFFICE OF BEHAVIORAL HEALTH & WELLNESS

Helping schools address the unprecedented rise in mental health and behavioral challenges facing Virginia students post-pandemic, Behavioral Health and Wellness helps to focus resources and attention to our students who are struggling with these evolving challenges.

To learn more about these mental health initiatives please click the link below:

<https://www.doe.virginia.gov/programs-services/behavioral-health-wellness>



PULSE POINTS: EQUIP & ENGAGE

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UPCOMING CONNECTIONS

COMMUNITY MENTAL HEALTH WALK

Saturday, May 11, 2024 The mission of the Community Mental Health Walk 2024 is to promote mental well-being, raise awareness about mental health, and foster a supportive community environment where individuals feel empowered to seek help and support.

To register for this event please click the link below:

[Community Mental Health Walk Registration](#)

MENTAL HEALTH WEBINAR

Monday, May 13, 2024 Come join us for an informative session on mental health. This event will provide valuable insights and practical tips on how to take care of your mental well-being. We will cover a range of topics including:

- Stress Management
- Mindfulness
- Self-Care techniques

To register for this event please click the link below:

[Mental Health Webinar Registration](#)



WWW.SPSK12.NET/SPECIALEDUCATIONHELPCENTER