



Coping Skills Support Group

Thursday Afternoons: 1:30-2:30

1/21/21: Time Management & Organization

1/28/21: Motivation

2/4/21: Healthy Coping

2/11/21: Mind full or Mindful

2/18/21: Stress Management

2/25/21: Goal Setting

Zoom Link

Sign Up Genius

Meeting ID: 970 5456 3734

Passcode: 285677

Contact Ms. Dinsmoor, Mental Health Specialist, with
questions: bdinsmoor@tustin.k12.ca.us