

# School Mental Health Newsletter: December 2022



HAPPY *holidays*

-  Hanukkah
-  Christmas
-  Winter Solstice
-  Diwali
-  Kwanzaa

## Toy & Product Safety For Children Webinar – December 15<sup>th</sup>, 2022

This webinar is aimed at **informing parents on current safety standards and regulations that exist for toy manufacturers and other products used by children, toddlers, & babies.** As regulations around these products are always changing, it is important for parents to be aware of potential dangers & hazards they may have in their home and how they can keep their children safe. [Click here to register!](#)


## QUICK READS:

**Northwell: The Well**  
**A Parent's Guide to RSV**  
[Click here](#) to read

**Northwell: The Well**  
**My Learning Disability Doesn't Define Me**  
[Click here](#) to read

## 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



CELEBRATE  
INTERNATIONAL DAY OF  
PEOPLE WITH DISABILITIES

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## Upcoming Community Education Events



Cohen Children's Medical Center's School Mental Health Program is proud to provide a 6-week educational lunch and learn workshop series 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**



The workshop is a 6-week program, on **Tuesdays at 12:00-12:45pm**  
Join us on any of the following dates: **12/6, 12/13, 12/20, 12/27, 1/3 and 1/10.**

[Click here to Register](#) or scan the QR Code (left)

### Lunch and Learn: Stress and Coping Skills

Tuesday, December 6th at 12:30 or  
Thursday, December 22 at 12:30



Please join us for an interactive lunch-and-learn session for parents to help learn to recognize signs of stress and support healthy coping, learn hands-on skills to coach their child, and promote resilience!



### Healthy Sleeping Habits – Save the Date!

- **January 11<sup>th</sup>, 2023**  
7pm – 8pm
- **January 25<sup>th</sup>, 2023**  
12:30pm – 1:30pm

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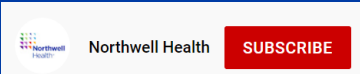


## REMINDER

### Visit our Youtube Library!

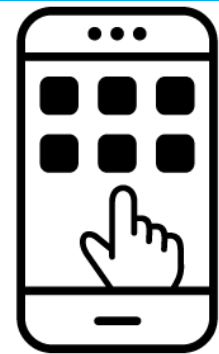


Community and Population Health - Behavioral Health



The School Mental Health Team offers **a wide range of recorded webinars on important mental health topics** to support parents and caregivers! You can find them on our Youtube channel by [clicking here](#)

Keep in touch!






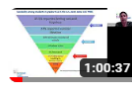





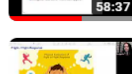


remind

Download the REMIND APP and follow: @NWH4School

### See these topics And more!



-  **Managing Your Anxiety**  
Northwell Health | 26:35
-  **Bereavement and grief in families: How to talk to children**  
Northwell Health | 54:56
-  **Parenting Children with Behavioral Issues**  
Northwell Health | 56:51
-  **Mindfulness in Recovery**  
Northwell Health | 44:25
-  **Stress Management**  
Northwell Health | 29:34
-  **Youth Suicide: What can we do to prevent it?**  
Northwell Health | 1:00:37
-  **School Refusal: Managing Anxious and Oppositional Behaviors**  
Northwell Health | 48:36
-  **A Mother's Resiliency: Supporting the needs of a family**  
Northwell Health | 48:41
-  **School Refusal: An Overview**  
Northwell Health | 58:50
-  **School Refusal: Strategies for Managing Anxiety**  
Northwell Health | 1:07:46
-  **Healthy Sleep for a Healthy Mind**  
Northwell Health | 58:37
-  **Webinar for Parents: Coping with Anxiety**  
Northwell Health | 1:00:23

