

WELLNESS CENTER

FEBRUARY NEWSLETTER

Awareness Month Information: February is Teen Dating Violence Awareness month. During this month we work to increase the awareness and education of dating violence to help prevent it from happening before it starts. You will learn about warning signs, steps to take to get help, and resources available to you.

RESPECT MHS

T stands for trustworthiness.

Definition: trustworthiness refers to the quality of being reliable, dependable, and worthy of confidence. It involves consistently demonstrating integrity, honesty, and behaving according to your values.

Tips to improve your trustworthiness

- Be open and honest.
- Keep promises and commitments
- Identify your personal values.
- Act and behave according to your values.
- Maintain consistency in your behavior and actions over time.
- Take responsibility for yourself and your actions.

Wellness center happenings:
Click on the activity to sign up

1. Tobias- 2/4 Per 4-6
2. Stand up- 2/7 Per 2
3. Fostering self compassion- 2/12
Per 2
4. Building Healthy relationships-
2/18 per 7
5. Sound Bowl/Yoga- 2/26 Per 8

SELF-CARE



PEER MEDIATION
REQUEST

