



Mental Health/Behavioral Health Spring 2019 Special Education Parent Coaching Series

Multiple issues will be addressed over the course of the year including the impact of trauma, anxiety, depression, bullying and more!
No Childcare Provided. Spanish interpretation available.

Pillow Elementary

3025 Crosscreek Dr., Austin 78757

Time: 8-9:30 a.m.

Contact: Raul Vallejo, Parent Support
Specialist

512-841-4834 (Bilingual)

raul.vallejo@austinisd.org

Travis High School

1211 E. Oltorf St., Austin 78704

Time: 10-11:30 a.m.

Contact: Rosalinda Villareal, Parent Support
Specialist

512-414-7714 (Bilingual)

rosalinda.villareal@austinisd.org

January 25

Helping Children & Families Manage Depression

Helen Evans, AISD Licensed Mental Health
Professional

February 22

The Impact of Stress on Children

Bree Borgstead, AISD Licensed Mental
Health Professional

March 29

Social Health: The Fine Line Between Social Media and Mental Health

Sgt. Lance Cox, AISD Police Department

January 23

Helping My Child with Anxiety

Mary Harris, AISD Licensed Mental Health
Professional

February 21

Bullying & Boundaries

Heidi Lersch, SAFE Alliance

March 27

Is Technology Hurting my Child?

Meagan Butler, AISD Supervisor of
Secondary Counselors

[Travis MH Series Registration Link](#)

[Pillow MH Series Registration Link](#)

Office of Teaching and Learning
Special Education Parent and Family Engagement
Kathy Palomo: 512-414-5833/Bilingual 512-414-1730

RSVP Required