



PRESENTER NAME: **JUAN C. MARTELL**

MDCPS MENTAL HEALTH DEPARTMENT

COPING SKILLS

School Name: **Mast Academy**

Date: **03/16/2022**

Time: **09:00 a.m.**

Location:

<https://zoom.us/j/8371256335?pwd=Vks0QmpKZ0NkcmVLbHZwYWFiZWlWixZz09>

Meeting ID: **837 125 6335**

Passcode: **kNxpe2**

Coping skills are the actual things we do to make ourselves feel better when we are going through difficult times.

CONTACT US

(305) 995-7100 | Parent assistance line
WWW.Dadeschools.net