



## H E A D W A Y S

head-ways

*noun, plural*

*Definition: To move forward or make progress, especially when circumstances make this slow or difficult.*

*Synonyms: Progress, make strides, gain ground, advance, proceed, move, get ahead, come along, take shape*

### **HEADWAYS for School Counselors: Fostering Healthy Development** **2017-2018 Schedule and Topics**

HEADWAYS for School Counselors will be facilitated by Trudy Hall, Former NCGS Board President and Director of Strategic Initiatives, Forest Ridge School of the Sacred Heart (WA), and will occur on **Tuesdays at 4:00 p.m. Eastern Time:**

❖ **October 17, 2017: *SEL***

Topics to consider: resiliency, self-care, mindfulness, peer-ed programs, ubiquitous wellness programs throughout co-curricular and academic program

❖ **November 28, 2017: *Anxiety***

Topics to consider: stress, depression, body image, girls' relationship with food, perfectionism

❖ **January 23, 2018: *Gender Identity***

Topics to consider: gender spectrum and fluidity, non-conforming students, advocacy and education, role of school counselor

❖ **February 27, 2018: *Relationships***

Topics to consider: respect, self-esteem, social media, healthy boundaries, conflict resolution

❖ **April 24, 2018: *Mental Health/Crisis Intervention***

Topics to consider: third party counseling services, counselor self-care, confidentiality, coping, parent/student mental health education programs