



**MRS. GELCIE  
HITCHMAN-GOMEZ**

**FRISBIE WELLNESS CENTER**

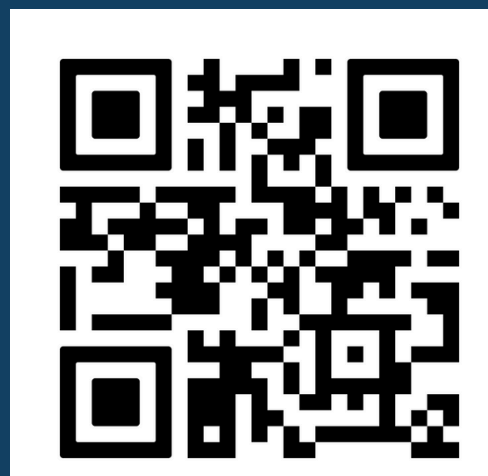
## **Wellness Center Services includes:**

**\* Brain Breaks \* Social Skills \* Coping Skills \* Self Regulation \* Techniques \* Mindfulness \* Peer Conflict \* Staff Conflict \* Lunch Activities**

*These skills are intended to be brief and target specific behavioral needs of students.*



**Kindly scan for assistance  
in the Wellness Center:**



## **COPING SKILLS**

- ✓ **Self-Regulation**
- ✓ **Anger Management**
- ✓ **Grief and Loss**
- ✓ **Social Skills**
- ✓ **Self-Esteem**
- ✓ **and more.....**

More about services, please visit the Wellness Center  
(Room: B12)







**MR. SEDRIC DEASON**

**KUCERA WELLNESS CENTER**

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(Room: 11)







**MS. KATHY HERNANDEZ**

**JEHUE WELLNESS CENTER**

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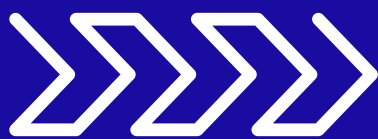
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(Room: D4)





**MS. ADRIANA PEREZ**

**RIALTO WELLNESS CENTER**

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(Room: F104)







**MRS. VIRGO GARRETT**

**KOLB WELLNESS CENTER**

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(B Building)