



**BACK TO
SCHOOL
RESOURCE
TOOLKIT**



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AUGUST RESOURCE TOOLKIT



The new school year is in session, and students, teachers, and parents are hoping for a productive and healthy year while bracing for the uncertainties the next few months will bring. Free Your Feels is here to support you. This campaign engages individuals of all ages - so whether you are a teenager reading this, an adult, or absolutely anyone - we hope you find the resources provided to be helpful during this time.

TAKE ACTION



Included in this month's toolkit are tips on making a smooth transition back to school. Additionally, you'll find tips on focusing on your own self-care during this time.

If this is your first Free Your Feels Resource Toolkit, you'll notice a "Take Action" section on each page. Inside you'll see a small action (ie. watch a video, register for a webinar, have a conversation, etc.)

we're asking you to take to improve youth mental health. First up -- click on our Facebook and Twitter pages to make sure you are following them. Throughout the month, be sure to share the posts you see there.

A quick note: we will be taking a brief hiatus from the monthly toolkits as everyone eases back into the routine of school and gets settled. We're excited to see what the next phase of Free Your Feels looks like!

FOR YOUTH/TEENS



The Free Your Feels Peer to Peer mentor program helps schools create a safe and more nurturing school environment to help support students' social/emotional needs and general well-being. This social media graphic and corresponding FAQ outlines how to establish a FYF Peer to Peer Program.



Click Above to Watch a
Fireside Chat on P2P Groups

TAKE ACTION

[Download the Free Your Feels Peer to Peer Program FAQ here](#)

Bonus Action! If you're over 18, consider registering for Certified Peer Specialist-Youth training at cps-y@gpsn.org.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF INFANTS & TODDLERS



Children across the country are headed back to school. Most Georgia school districts have either started or are starting in the next few weeks. Parents can be there to support their children as they transition from grade to grade, school to school, or even if it is their first year in class.



TAKE ACTION

Check out this [Back to School Pre-K guide](#) from Strong4Life - Children's Healthcare of Atlanta. Other age-group guides are also available!



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF SCHOOL-AGED YOUTH



Kick the school year off with some amazing resources specifically for educators, parents, and more. Strong4Life - Children's Healthcare of Atlanta has compiled a resource bank filled with information for supporting the youth in your life. What's more: they include self-care tips for parents too!



TAKE ACTION

Check out this [resource bank](#) from Strong4Life - Children's Healthcare of Atlanta.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



ALL EDUCATORS

FREE
your
FEELS

Get the school year off to a great start with these resources designed specifically for educators, parents, more. Not only does this resource bank include resources for supporting the youth in your life, but they also provide self-care tips for YOU and your own wellness!



TAKE ACTION

Check out this [School Reopening Guide](#) from Strong4Life - Children's Healthcare of Atlanta.



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PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



DECAL's Inclusion and Behavioral Support Team wants to help families and teachers get ready for the school year with tips, strategies, and tools to promote social-emotional learning and minimize challenging behaviors, especially ones that the pandemic has exacerbated.



TAKE ACTION

Learn more about the "Planting SEEDS for a Successful School Year" campaign in DECAL
Download: Episode 44.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



Adults working with youth both inside and outside of school can find themselves presented with challenges to address. VOX Atlanta has put together an amazing Educators' Guide filled with lesson plans focused on themes of identity, mental health and social-emotional development, coping with the COVID-19 pandemic, and more!



TAKE ACTION

Download the
[VOX Educators Guide.](#)



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QUESTIONS? CONTACT

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