



Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday	
Mental Health	Transitions	Counseling Leadership	Wellbeing & Mindfulness	University Counseling	Diversity & Inclusion	Counselor Chats	SEL & Curriculum	Responsive Services	Movies	Self-care
19th	20th		21st		22nd		23rd	24th	25th	
12:00 Appreciative work in schools	8:00 The New Normal as Students Return to School	13:30 Data Driven Advocacy for School Counselors and Program Managers	8:00 30 mins Meditate with MindWell - 'Caring for the Carers'	6:00 University Transition Program	12:00 Going Inward to Change the World	6:30 Head of Student Services Chat	9:00 COVID-19: Through a restorative lens	10:00 Solution-Focused School Counseling in Practice	10:00 Movie: Nevertheless by IndieFlix	12:00 Training the mind to be fit for performance day; how to use mindful awareness and mental toughness strategies for athletes and coaches
14:00 Truman Module 3: Medicine for mood: A psychiatrist's perspective	12:00 Benefits of Pre-College Programming & Continuing Summer Learning with Summer Discovery		10:00 3-Module Course: Shifting the Focus: Making Wellbeing Central to our School Curriculum and Culture (registration required)		10:00 Waiting on One	8:00 Divisional Chat groups: K-12, EC, ES, MS, HS, COLLEGE	12:00 Social-Emotional Learning with an Eye to Equity	12:00 Quick in-class intervention to decrease anxiety		
	10:00 Connection Point		14:00 Effectively Incorporating Holistic Supports in Traditional Counseling Methodology			14:00 Q & A Session with MindWell-Mindfulness Based Wellbeing in Schools	14:00 The Power of Positive: Choices and Change in Challenging Times			
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26th	27th		28th		29th		30th	31st		
8:00 Tackling Trauma Across the School Community	13:00 Head v. Heart. How different languages can cause miscommunication.	10:00 Response to Intervention: A Journey Through Distance Learning and Beyond	8:00 30 mins Meditate with MindWell - 'Caring for the Carers'	13:00 Expertise for the Experts: University Counselling for Experienced Counsellors	10:00 Understanding Anxiety from Culturally Diverse Perspectives: Implications for Practice	7:00 Counselor Mamas and Papas Chat	14:00 Making Trauma-Informed Practice Accessible & Relatable (Supporting Students, Teachers, Parents, and Counsellors)	10:00 Social Event: Halloween Trivia Hour		
10:00 Dealing with Difficult People: Mindful Communication in the Workplace			10:00 3-Module Course: Shifting the Focus: Making Wellbeing Central to our School Curriculum and Culture (registration required)			8:00 New Counselors/Mentoring Chat	16:00 Building Emotional Resilience in Children and Teens	11:30 ISCA Closing		
14:00 Truman Module 4: Building resilience in a school community			14:30 Medicine for the Mind and Body: Incorporating Wellness in Schools through Culture and Community			8:00 Asia and SE Asia Regional Chats				
						13:00 Africa Regional Chat				
						13:00 Europe				
						16:00 USA and South America				