



# Telehealth ROCKS

## Ready to Learn ECHO Series:

Evidence-based approaches that work in your classroom

### About

We want to help improve your classroom environment by sharing evidence-based techniques based on the mind-body connection. This series will feature practical tools and concepts that you can implement in your classroom. We'll explore topics such as exploring decision fatigue, building routines, strengthening the mind-body connection and more.

In addition, we'll offer resources and support throughout the year. To start, we'll provide a free classroom resource book. After your registration is processed, you'll receive an email with details for selecting your book.

### Join us

First Thursdays from 12-1 PM CST

Oct. 6, 2022 • Nov. 3, 2022 • Dec. 1, 2022 •

Jan. 5, 2023 • Feb. 2, 2023 • Mar. 2, 2023 • Apr. 6, 2023 •

### Target Audience

Teachers, counselors, administrators and anyone else who works with children

### Presenters

- Stephanie Punt, PhD, Neuropsychology Fellow
- Melissa Maras, PhD, Clinical-Community Psychologist

### Contact us

Email questions to [telehealthROCKS@kumc.edu](mailto:telehealthROCKS@kumc.edu)

### Register

Sign up online: <https://redcap.kumc.edu/surveys/?s=KEYP7DNRANMDNHF9>