

**Belmont Wellness Coalition (BWC)
Meeting Agenda (Virtual)
Thursday, March 3, 2022 from noon – 1:00 PM**

1. **Welcome [Introductions, Check-Ins]**
2. **BWC this Spring** Lisa
 - Parent Survey re: parent training needs, soon
 - BHS PTSO Program *Mental Health, Suicidal Ideation, May 4 or 5*
 - BHS Senior/Parent Forum *Social Host, Substance Misuse, April 26*
 - Yoga for Students Waverley Oaks offering free yoga for students (Jon)
3. **BHS “Crisis Team” explained** Melissa
4. **BWC Updates:**
 - a.) [Peer Mentorship Exploration](#) Mike/Sophia
 - b.) [LBGTQ+ Alliance](#) Chris
 - c.) [Monthly Parenting Group](#) Sophia

Next Meetings:
Wednesday, March 30, 7:00 – 8:00 PM (virtual)
Topic: *Belmont’s Culture of Stress and Strategies to Mitigate*
Wednesday, April 27, 7:00 - 8:00 PM (virtual)
Topic: *Guidance around Supporting Belmont’s LBGTQ+ Youth*
5. **BWC Donation Funding: Thoughts on Ways to Spend** Lisa
6. **Closing Thoughts and other Updates**
 - Links to weekly video segments can be found on BWC website:
belmontwellness.org
 - Next BWC Meeting, in April, Lisa will send a doodle.