

Belmont Wellness Coalition (BWC)
Meeting Agenda (Virtual)
Tuesday, May 10, 2022 from 1:00 – 2:00 PM

1. **Welcome [Introductions, Check-Ins]**
2. **Parent Survey Data**
3. **Peer Mentorship Proposal - Update** Mike
4. **Megan Palmer - SEL Research Highlights** Megan
5. **BWC Updates:**
 - a) **Monthly Parenting Group** Sophia

Next Meeting:
Wednesday, May 18, 7:00 - 8:00 PM (virtual)
Topic: *The Culture of Stress*
 - b. **LGBTQ+ Alliance** Chris
 - c. **Yoga for Students** Waverley Oaks offering free yoga for students Jon
6. **Programming Debriefs:** Lisa
 - 4/26 BHS Seniors and Parents
 - 4/27 Community Conversation LGBTQ+ (Parenting Group)
 - 5/3 BHS PTSO *"Understanding Youth Mental Health"*
7. **Closing Thoughts and other Updates**
 - Next BWC Meeting: Will we meet in June?