



## [The Nest at Wellness Center](#)



Our Frisbie Middle School Wellness Center promotes strong social-emotional skills, celebrates positive accomplishments and provides additional resources to all students. Here are some websites that can be utilized for all students.

- **Teen Yellow Pages:** <https://teenlineonline.org/yyp>
- **OCDE & Regional Mental Health Coordinator Team:**  
<https://newsroom.ocde.us/here-are-some-tips-to-help-support-students-coping-with-the-mask-mandate-change>
- **Child Mind Institute Videos:**  
[https://childmind.org/healthyminds/parents/?utm\\_medium=email&utm\\_source=email&utm\\_campaign=chmtk\\_topic2\\_2022-02-17&utm\\_content=cta2\\_ca-healthy-minds-parents](https://childmind.org/healthyminds/parents/?utm_medium=email&utm_source=email&utm_campaign=chmtk_topic2_2022-02-17&utm_content=cta2_ca-healthy-minds-parents)
- **Child Mind Institute Recursos en Espanol/Spanish Resources:**  
<https://childmind.org/es>
- **Family Acceptance Project:** <https://familyproject.sfsu.edu/overview>
- **Gender Unicorn:** <https://transstudent.org/gender>

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