



KIMBERLEY OAKES, LMHC
MENTAL HEALTH
COORDINATOR

Bel-Aire Elementary
February 16, 2021
6:00 PM

CONTACT US

(305) 995-7111 | Parent assistance line
WWW.Dadeschools.net

MDCPS MENTAL HEALTH DEPARTMENT

COPING SKILLS

Coping skills are the actual things we do to make ourselves feel better when we are going through difficult times.