



Each week we are highlighting a resource from School District 47's Mental Health and Wellness Hub. This week we'd like to highlight for families and students MindUP for Schools which has created two new courses to support adult well-being. Both are free to access. MindUP for Adults is great for parents, administrators, educators, and community members. MindUP for Educators is designed specifically for adults working in education. Check them out [HERE](#).

Find this resource and more on the [Mental Health and Wellness Hub](#). And check back often. We're adding more resources each week.