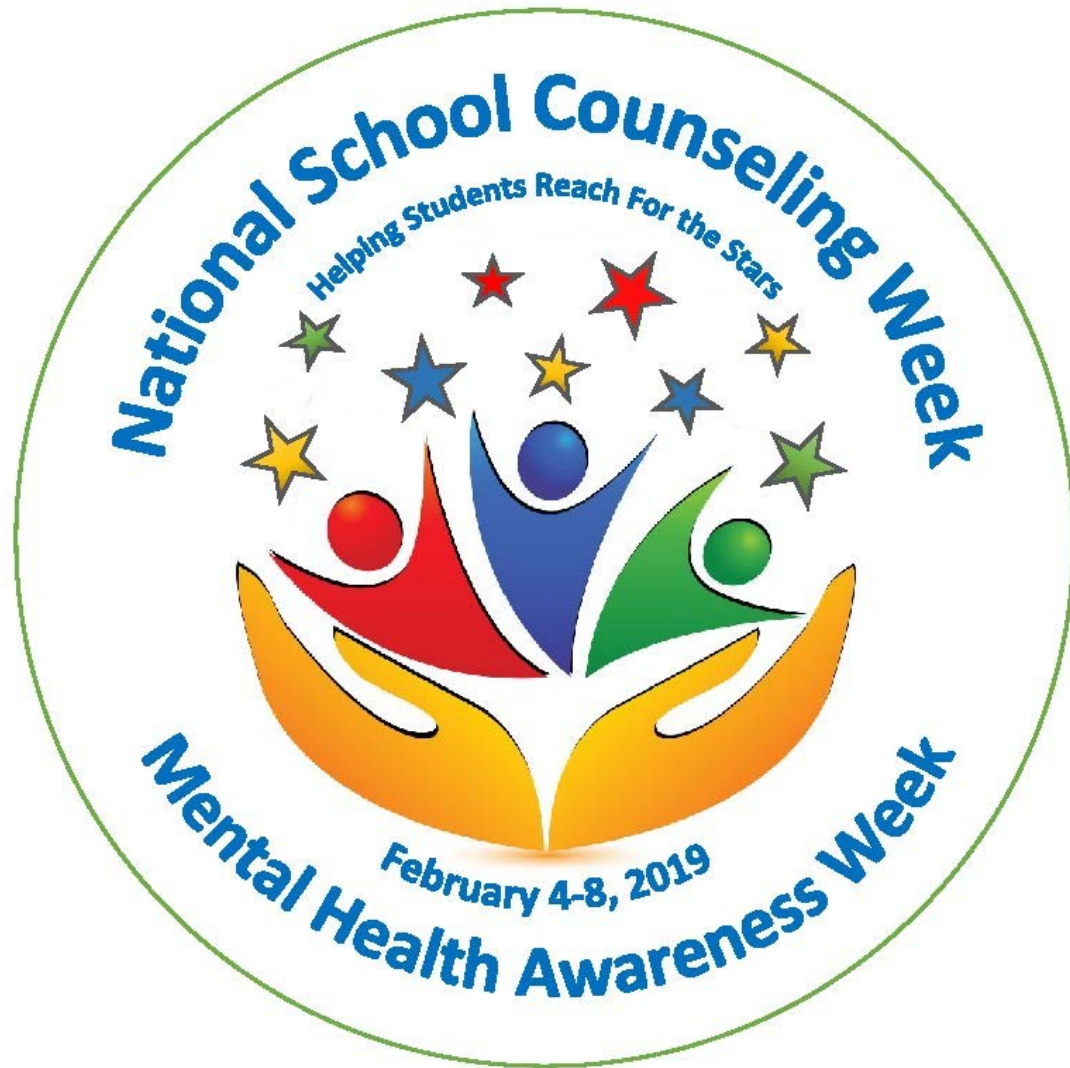


BISD Mental Health Awareness Week



Monday, February 4
Know Yourself

Tuesday, February 5
Get to Know Others

Wednesday, February 6
Communication

Thursday, February 7
Manage Your Mood

Friday, February 8
Have a Plan

Check your campus counselor's webpage for more information.