

Announcing the All New

TUSD Virtual Wellness Center



Get the Resources You Need 24/7

Launching November 9, 2020!

www.tusd.org/parents/virtual-wellness-center

In an effort to support the overall wellness of our students, the following resources have been gathered with the intent to provide parents with assistance to help them navigate experiences their student may be having related with COVID -19.

We hope that regardless of where you are in the spectrum of this pandemic these materials are helpful.

Here are a few resources (on the right) to provide a preview of what supports are available to students. The Virtual Wellness Center will have much more available online starting November 9th!!

Student & Parent Support:



The District continues to expand and enhance student mental health support to help them live healthier, more balanced lives.

Resources include -

- Social-Emotional Learning
- Individual counseling
- Group counseling
- Parent classes/support groups
- Resource referrals
- Crisis intervention

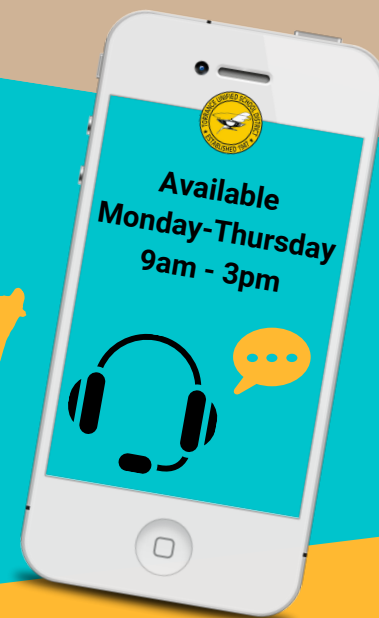
District Resources:

Wellness Helpline Contact:

Phone - 424-757-4190

Email - tusdwellness@tusd.org

- Mental Health Resources
- Community Resources
- Social-Emotional Resources
- Wellness Resources



District Partners:

Care Solace: Provides TUSD families mental health resources.

- Website: www.caresolace.com/torranceparents
- Phone: (888) 515-0595

South Bay Families Connected

- <https://www.southbayfamiliesconnected.org/tusd>

