

Wellness Alliance for Total Children's Health of Denton County

led by Cook Children's



**WATCH Coalition
Meeting**

November 20, 2015

“Because every child deserves hope...”

Engage the
community

Sustain a strong
network

Access to
information &
resources

Monitor
children’s health
issues



FIRST 3 YEARS

...supporting parents and caregivers by
putting research to practice through
training, mentoring, advocacy, & collaboration.

WATCH Wellness Workshop: Making sense of the Autism Spectrum



Kristy Hundt
Parent Advocate

Aimee Vafaie, MD
Cook Children's Physician Network –
Flower Mound

Tara Pierce, MEd, MS, LPC
Lewisville High School – Killough

Lisa Pierce, MD
Child, Adolescent, and Adult
Psychiatrist

Mary Villarreal, OTR
Journey Learning Center & Journey
Pediatric Rehabilitation

WATCH Wellness Workshop: Making sense of the Autism Spectrum

96%

- Can effectively use the knowledge and skills learned in their work with children
- Are satisfied with the workshop

“It was helpful to get a broad perspective from different people & professionals.”

“This was wonderful. I feel like I got so many new ideas. I can't wait to use them.”

“This workshop provided me with lots of tools to continue advocating for my children.”

[Mental health resources for kids](#)

[Mental health resources for teens](#)

[Get help](#)

[Community calendar](#)

Mental health resources for

Articles and resources to help kids.

▶ THOUGHTS/FEELINGS/EMOTIONS

▼ BEHAVIORS

- [Cheating](#)
- [Dealing with bullies](#)
- [Dealing with peer pressure](#)
- [Five steps for fighting stress](#)
- [How to be a good sport](#)
- [Obsessive-compulsive disorder](#)
- [Phobias](#)
- [Taking charge of anger](#)
- [Train your temper](#)
- [What kids say about Bullying](#)

▶ HOME AND FAMILY

