



VOLUME 16 • FEBRUARY 2021

**Safe, Calm, Connected**

# MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR GRADE 5 - 6 STUDENTS AND THEIR FAMILIES

LOVE THE ONES YOU'RE WITH

Between Family Day, Valentines Day, and Random Acts of Kindness Week, February is all about celebrating the people we care about. In this month's Wellness Pack you'll find activities to inspire connection and kindness.

## TAKE A PEEK!



GET ACTIVE AND SUPPORT YOUR COMMUNITY



"MADE YOU SAY" TABLE GAME



"BEST QUALITIES" BOOST



A SURPRISE GIFT

## PLUS



RANDOM ACTS OF KINDNESS CALENDAR

### Caregiver Education Team Newsletter

February 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

#### Lunch & Learn Webinars

Parenting Teens In the 21<sup>st</sup> Century – Part 1  
Monday, February 1  
12:00 – 1:00 pm

Parenting Teens In the 21<sup>st</sup> Century – Part 2  
Monday, February 8  
12:00 – 1:00 pm

#### Mental Health and Resiliency Series

Positive Communication that Promotes Growth  
Tuesday, February 2  
12:00 – 1:00 pm

Calming Our Bodies and Minds  
Tuesday, February 9  
12:00 – 1:00 pm

Resilient Mindsets  
Tuesday, February 16  
12:00 – 1:00 pm

Collaborative Problem Solving  
Tuesday, February 23  
12:00 – 1:00 pm

#### Caregiver Education Sessions

Parenting Strategies that Promote Positive Mental Health  
Wednesday, February 3  
6:00 – 7:30 pm

More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth  
Wednesday, February 10  
6:00 – 7:30 pm

Keeping Scattered Kids on Track: Understanding and Supporting Children and Youth with ADHD  
Wednesday, February 17  
6:00 – 7:30 pm

Mindfulness: Benefits for the Whole Family  
Wednesday, February 24  
6:00 – 7:30 pm

#### Drop-In Series

Support, Education & Engagement Series (SEEDS)

Supporting Your Child With Structure and Routine  
Thursday, February 4  
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns  
Thursday, February 11  
6:00 – 7:30 pm

Helping Our Kids Figure Things Out  
Thursday, February 18  
6:00 – 7:30 pm

Effective Consequences  
Thursday, February 25  
6:00 – 7:30 pm



MentalHealthFoundation.ca

### Online Sessions for Parents on Helpful Topics

DID YOU KNOW THAT...

Alberta Health Services is offering free information sessions for parents and caregivers on mental health challenges that affect youth and children. Check-out this month's offerings at the end of this Wellness Pack!





## ACTIVE LIVING: GET ACTIVE AND SUPPORT YOUR COMMUNITY

It may be cold and it may be dark, but that doesn't mean we need to stop moving. As a family this month, why not try something a little different. Go for a walk together in the neighbourhood or local park, take a plastic bag with you and collect any trash you see. It's a great way to show the community that acts of kindness can be as simple as getting out and making the place look its best.

Source: [randomactsofkindness.org](http://randomactsofkindness.org).



## HEALTHY EATING: "MADE YOU SAY" TABLE GAME



Eating a meal with your family is a great way to connect with the people you live with! Plan to make your favourite meal and find ways for everyone to help! The adults can handle cooking with the stove or oven, but you can try helping with mixing or setting the table! Once you're all at the dinner table, try out the "Made You Say" game! Ask your family members to "tell me something that happened today that made you say...", finishing the sentence with "that's weird", "cool!", or "huh?".

Source: <https://www.thescramble.com/family-dinner/dinnertime-can-be-all-fun-and-games/>

## Random Acts of Kindness: "Best Qualities" Boost

This can truly make someone's confidence soar! How would you feel if someone handed you a list of all the things they loved about you? Probably pretty amazing, right? Reach out and share with with a loved one a list of the things you think make them special and lovable! They will feel valued, special, appreciated and get a warm fuzzy feeling inside.

Adapted from: [randomactsofkindness.org](http://randomactsofkindness.org).





## MENTAL WELL-BEING: A SURPRISE GIFT

While it is important to lift up our friends and family, each one of us is a part of a bigger community there is a whole community! Harness your creativity and paint a picture or rock, leave a decorated message, write a poem or use a copy of one of your favourite quotes, and leave it someplace in your community for another person to find. A surprise message of hope and kindness could make someone's day and encourage them to "pay it forward" with a creative act of kindness themselves!



## CONNECT WITH US

Questions or concerns about mental health? Give us a call or send us an email!

Phone: (780) 672-6131 ext. 6948

Email: [mhcb@brsd.ab.ca](mailto:mhcb@brsd.ab.ca)

For more wellness tips and ideas, find us on social media:

 @brsdmhcb

 BRSD Mental Health Capacity Building

 @brsdmhcb



### Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other through sharing good things that have happened.

### FOR MORE RESOURCES, search:

[RandomActsofKindness.org/kindness-ideas](http://RandomActsofKindness.org/kindness-ideas)

RAK Health Facts at [Dartmouth.edu](http://Dartmouth.edu)

Help in Tough Times at [AHS.ca](http://AHS.ca)

*Safe. Calm. Connected.*

BRSD WELLNESS







# Caregiver Education Team Newsletter

February 2021



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

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## Lunch & Learn Webinars

### **Parenting Teens in the 21<sup>st</sup> Century – Part 1**

Monday, February 1  
12:00 – 1:00 pm

### **Parenting Teens in the 21<sup>st</sup> Century – Part 2**

Monday, February 8  
12:00 – 1:00 pm

### **Mental Health and Resiliency Series**

#### **Positive Communication that Promotes Growth**

Tuesday, February 2  
12:00 – 1:00 pm

#### **Calming Our Bodies and Minds**

Tuesday, February 9  
12:00 – 1:00 pm

#### **Resilient Mindsets**

Tuesday, February 16  
12:00 – 1:00 pm

#### **Collaborative Problem Solving**

Tuesday, February 23  
12:00 – 1:00 pm

## Caregiver Education Sessions

### **Parenting Strategies that Promote Positive Mental Health**

Wednesday, February 3  
6:00 – 7:30 pm

### **More Than Just a Bad Day:**

Understanding Depression and Self-Injury in Youth  
Wednesday, February 10  
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### **Keeping Scattered Kids on Track:**

Understanding and Supporting Children and Youth with ADHD  
Wednesday, February 17  
6:00 – 7:30 pm

### **Mindfulness:**

Benefits for the Whole Family  
Wednesday, February 24  
6:00 – 7:30 pm

## Drop-In Series

### **Support, Education & Engagement Series (SEEDS)**

#### **Supporting Your Child With Structure and Routine**

Thursday, February 4  
6:00 – 7:30 pm

#### **Managing Meltdowns and Shutdowns**

Thursday, February 11  
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#### **Helping Our Kids Figure Things Out**

Thursday, February 18  
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#### **Effective Consequences**

Thursday, February 25  
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Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

February 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

**Date: Wednesday, February 3, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## More Than Just a Bad Day:

### Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

**Date: Wednesday, February 10, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

*(Continued on next page...)*

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

"I'm very encouraged that sessions like this are available."

"Really enjoyed the interactions with everyone and the videos."

"Content, delivery and duration were 'just right'. Online is nice, I don't have to drive anywhere."

"Instructors went above and beyond to answer individual questions."



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## Keeping Scattered Kids on Track

### Understanding and Supporting ADHD in Children and Youth

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

**Date: Wednesday, February 17, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Mindfulness

### Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

**Date: Wednesday, February 24, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

### Parent Feedback:

“Good acknowledgement to ‘real life’ difficulties – very identifiable and relatable. Thank you.”

“Kuddos to everyone making this kind of informative/participative session.”

“I ended up liking the virtual delivery more than I thought. Liked typing in my responses to questions.”

“Great program – would recommend to anyone. Great presenters!”



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# Lunch & Learn Webinars

February 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

## Caregiver Education Sessions

### Parenting Teens in the 21<sup>st</sup> Century – Part 1 Respectful Limit Setting with Adolescents

In this session, we will explore the challenges of being a teenager, parenting a teenager, and the importance of the parent/teen relationship.

**Date: Monday, February 1, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

### Parenting Teens in the 21<sup>st</sup> Century – Part 2 Respectful Limit Setting with Adolescents

In this session, we will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

**Date: Monday, February 8, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

“This helped me to understand more about what is happening with my teenager and some ways to help.”

“I find these are great reminders to be positive when it is so easy to be negative.”

“Fabulous Content! I can’t wait to continue joining you for all the upcoming sessions.”



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# Lunch & Learn Webinars

February 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

## Mental Health & Resiliency Series

### Positive Communication that Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and to encourage our child to engage with others in positive ways that foster resilience.

**Date: Tuesday, February 2, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

**Date: Tuesday, February 9, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

**Date: Tuesday, February 16, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

**Date: Tuesday, February 23, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

“The speakers were easy to listen to and understand. The content was relevant, helpful and immediately applicable.”

“I thought that the method of engagement was very effective. The presenters immediately read out the messages and tied it to the topics.”

“All the strategies given out so far have been very helpful. They are simple, easy steps to accomplish.”



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# Drop-in Series

February 2021

These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

## SEEDS: Growing Parenting Skills

### Supporting Your Child With Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

**Date: Thursday, February 4, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

### Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

**Date: Thursday, February 11 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

### Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

**Date: Thursday, February 18, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

### Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

**Date: Thursday, February 25, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

### Please note:

These sessions are for parents / caregivers of children grades K-6.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback

"I learned some great skills and I can't wait to implement them with my kids."

"Fabulous Content! I can't wait to continue joining you for all the upcoming sessions."

"Makes me think of things in a new light. The 'homework' feels like practical application of stuff we discussed."



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