



VOLUME 16 • FEBRUARY 2021

Safe, Calm, Connected

MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR GRADE 3 - 4 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!



GETTING TO KNOW THE WILDLIFE



FAMILY DINNER WITH A TWIST



"BEST QUALITIES" BOOST



FAMILY DATE NIGHT

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 21st Century – Part 1
Monday, February 1
12:00 – 1:00 pm

Parenting Teens In the 21st 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: GETTING TO KNOW THE WILDLIFE

We know that helping others makes us feel good, but what about helping the birds. During this month of random acts of kindness, it's not just other humans we can show kindness to, there is also the wildlife. Why not spend some time making a bird feeder with someone in your family. Then head out into the back yard or local park and put the bird feeder somewhere the birds can find it. See the instructions below or check-out this link for some tips:

<https://www.youtube.com/watch?v=fjJ-VpWvMmA>



HEALTHY EATING: FAMILY DINNER WITH A TWIST

Did you know that eating meals together as a family can not only bring you closer, but is linked to better overall health for everyone? Sometimes it feels a little boring to answer the same questions every day at the dinner table, so try out these fun meal time games: <https://thefamilydinnerproject.org/4week-program/support/games-and-activities/> We especially love: The "List Game"!

Think of 5 things that "belong" to something. For example, a banana, a pair of shoes, a Harry Potter book, a pile of paperclips, and a box of flooring. Then have your family guess what these things belong to (answer: things in the trunk of my car). With little kids, you can just ask them outright for a list of things in a category (example: name three things in your bed).

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.

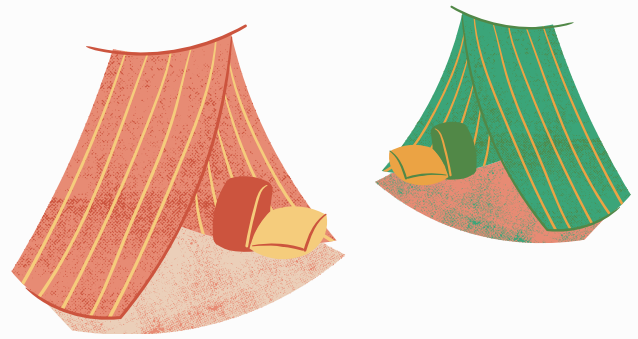




MENTAL WELL-BEING: FAMILY DATE NIGHT

Spending quality time with your loved ones is a great way to show that you care! Work together to plan a time of special activities. Your mental health will thank you for the time you spend together and the anticipation of having something fun to look forward to. Here are some great ideas to get you started! Plan:

- an ice cream sundae bar.
- to build an igloo that will fit everyone.
- an art night.
- an afternoon of playing games.
- a fort building competition.
- to look at old photograph albums.



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

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
RAK Health Facts at Dartmouth.edu
Help in Tough Times at AHS.ca

Safe. Calm. Connected.
BRSD WELLNESS



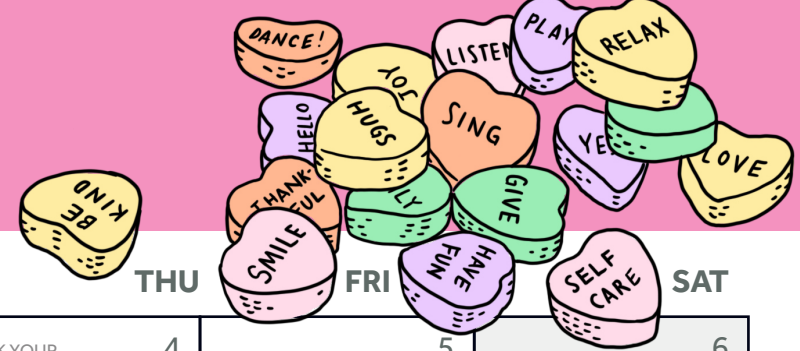
DIY Bird Feeder Instructions




Get to Know the Wildlife!

1. Put a layer of bird seed onto a plate.
2. Spread peanut butter on the outside of a toilet paper roll using a knife or spoon. (If peanut butter is not an option then consider other ingredients like shortening.)
3. Roll the toilet paper roll in the bird seed.
4. Loop a piece of string through the toilet paper roll and hang it on a tree, or slip the toilet paper roll directly onto a tree branch.
5. Enjoy watching your feathered friends!



FEBRUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
<p>31</p>  <p>START OF BLACK HISTORY MONTH</p> <p>1</p> <p>GROUNDHOG DAY</p> <p>2</p> <p>3</p> <p>THANK YOUR MAILMAN DAY</p> <p>4</p> <p>5</p> <p>6</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>3</p> <p>4</p> <p>5</p> <p>6</p>	<p>4</p> <p>5</p> <p>6</p>	<p>5</p> <p>6</p>	<p>6</p>																																																																																																		
<p>7</p> <p>FREE DAY! Think about how you can be a person of integrity.</p>	<p>8</p> <p>Join the "You Matter Marathon" and leave cards in public places for strangers to find. youmattermarathon.com</p>	<p>9</p> <p>Take the child in your life out for an ice cream treat today.</p>	<p>10</p> <p>UMBRELLA DAY</p> <p>Give out a few umbrellas to some strangers on the street.</p>	<p>11</p> <p>Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home on Valentine's Day.</p>	<p>12</p> <p>CHINESE NEW YEAR</p> <p>Hide a love note for your partner in their bag or wallet for them to find during their workday.</p>	<p>13</p> <p>WORLD RADIO DAY</p> <p>Turn the radio up and sing at the top of your lungs in your car or shower.</p>																																																																																																		
<p>14</p> <p>VALENTINE'S DAY</p> <p>Play Cupid: introduce two single people who you think would be a great match.</p>	<p>15</p> <p>PRESIDENT'S DAY</p> <p>Download a meditation app and try it out tonight before bed.</p>	<p>16</p> <p>Visit your parents or invite them over for dinner.</p>	<p>17</p> <p>RANDOM ACTS OF KINDNESS DAY</p> <p>Do an act of kindness for someone and encourage them to pay it forward.</p>	<p>18</p> <p>Write and send a thank you note to someone in your life that help you through a tough time.</p>	<p>19</p>  <p>Take a hot bath and relax.</p>	<p>20</p> <p>Invite a friend, neighbor or coworker home for dinner.</p>																																																																																																		
<p>RANDOM ACTS OF KINDNESS WEEK! VISIT WWW.RANDOMACTSOFKINDNESS.ORG AND GET INVOLVED!</p>																																																																																																								
<p>21</p> <p>Help someone who is carrying a heavy load.</p>	<p>22</p> <p>Get involved! Sign up for a community related cause.</p>	<p>23</p>  <p>Leave a note on the public restroom mirror that says "You look amazing!"</p>	<p>24</p> <p>Leave an inspiring poem, or painting somewhere in the community for someone to discover.</p>	<p>25</p> <p>Purchase groceries for the person in front of you in the express line.</p>	<p>26</p> <p>Take a friend or family member on a spontaneous adventure.</p>	<p>27</p> <p>Take today to kick back, relax, and reflect on what's really important in life.</p>																																																																																																		
<p>28</p> <p>Empty and read the gratitude jar you've created throughout the month.</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>JANUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table>	S	M	T	W	Th	F	S	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	<p>MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>	S	M	T	W	Th	F	S	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10
S	M	T	W	Th	F	S																																																																																																		
27	28	29	30	31	1	2																																																																																																		
3	4	5	6	7	8	9																																																																																																		
10	11	12	13	14	15	16																																																																																																		
17	18	19	20	21	22	23																																																																																																		
24	25	26	27	28	29	30																																																																																																		
31	1	2	3	4	5	6																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
28	1	2	3	4	5	6																																																																																																		
7	8	9	10	11	12	13																																																																																																		
14	15	16	17	18	19	20																																																																																																		
21	22	23	24	25	26	27																																																																																																		
28	29	30	31	1	2	3																																																																																																		
4	5	6	7	8	9	10																																																																																																		

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 21st Century – Part 1
Monday, February 1
12:00 – 1:00 pm

Parenting Teens in the 21st 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



Mental Health Foundation

Alberta Health Services
Children, Youth & Families Addiction & Mental Health

For more information, visit 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

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."



Mental Health Foundation



For more information, visit 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.

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

(...continued)

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!”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

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 21st 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 21st 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

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.”



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

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

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.”



Mental Health Foundation



Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

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

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."



Mental Health Foundation



Alberta Health Services

Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca