

VOLUME 17 • MARCH 2021

Safe, Calm, Connected

MHCB WELLNESS PACK

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

NEW BEGINNINGS

As the snow begins to melt and the sun shines for longer each day we can feel Spring approaching! This month we welcome a season all about newness, and the the growth, hope, and positivity that go along with it.

TAKE A PEEK!



BE THE TEACHER



FOOD FROM EVERY COUNTRY



GARDEN OF KINDNESS



GROW POSITIVITY THIS SPRING

FEAR-LESS SEMINAR
for parents with concerns
about their child's anxiety

FEAR-LESS TRIPLE P SEMINAR

Reducing Anxiety in Children & Teenagers (6-14yrs)

Are **YOU** concerned About your child/teen

experiencing Anxiety?



Join us for Fear-less Group
6 Zoom sessions: March 25,
April 1, 8, 15, 22, 29
Time: 8-9:30pm



*Work Book Included & No Cost to Attend

Being a Parent to a child/teenager who is experiencing anxiety can be tough.

Join us for 6 sessions in a group setting, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety.



The program will cover the following:

- How does anxiety work?
- Understanding anxiety
- Parents as models
- Being an emotion coach
- Thinking flexibly & realistically
- Avoidance and exposure
- Managing children's anxious behaviour; and
- Constructive coping and problem solving



For more information, please contact Krista at 780-672-0141
K.lantz@camrosefrc.com



Family Resource Centre ONLINE Offer
Are you concerned about your child's anxiety?
Wondering if they may need more support?
Looking for more ways to help them to cope better and feel less worried? Scroll to the end of this Wellness Pack for more information on upcoming offerings of the FEAR-LESS Seminar!





ACTIVE LIVING: BE THE TEACHER

Spring is the time of new possibilities, new growth and trying something new! Have you ever thought about being the teacher? One of the best ways for us to build our skills and confidence is to teach others. This month, why not teach someone in your family a new activity? It may be a something they have never done before or one of your favorite activities; take them for a walk or run, teach them how to do a yoga pose, a simple gymnastics activity, or something fun from your favorite gym class from school.



HEALTHY EATING: FOOD FROM EVERY COUNTRY

Did you know that people all around the world eat different kinds of food? In Costa Rica, a dish called gallo pinto is a typical breakfast. It's made up of rice, beans & scrambled eggs! Try out some of the recipes found on <http://www.foodbycountry.com/> and travel around the world with your taste buds!



Random Acts of Kindness: Clean Up Your Community

As the snow melts and the seasons change, you'll have a chance to spend time with your friend outdoors, move your body, and show kindness all at once!

Grab a friend and go on trash patrol in your neighborhood. Picking up litter and recycling are just a couple of ways we can be kind to our planet and our neighbors. Don't forget your rubber boots, gloves, 1 bag for garbage and another for recyclables!

[YouTube Small Act Big Impact Kindness Challenge](#) to join the 21 Day Kindness Challenge!





MENTAL WELL-BEING: GROW POSITIVITY THIS SPRING

"Your mind is a garden, your thoughts are the seeds. You can grow flowers, or you can grow weeds"

This spring takes some time to grow positivity. Positive affirmations are a great way to shift your mindset and boost your mood. Create your own positive self talk garden below by writing some affirmations on the flowers! Not sure what to write? See below for a list of 101 positive affirmations.



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



Build a sense of togetherness to help your family create closer relationships where everyone feels they belong.

Tips to build your sense of togetherness:

- Eat together as a family when you can.
- Play games together.
- Take turns planning a family activity.
- Practice daily rituals, like reading together at bedtime.

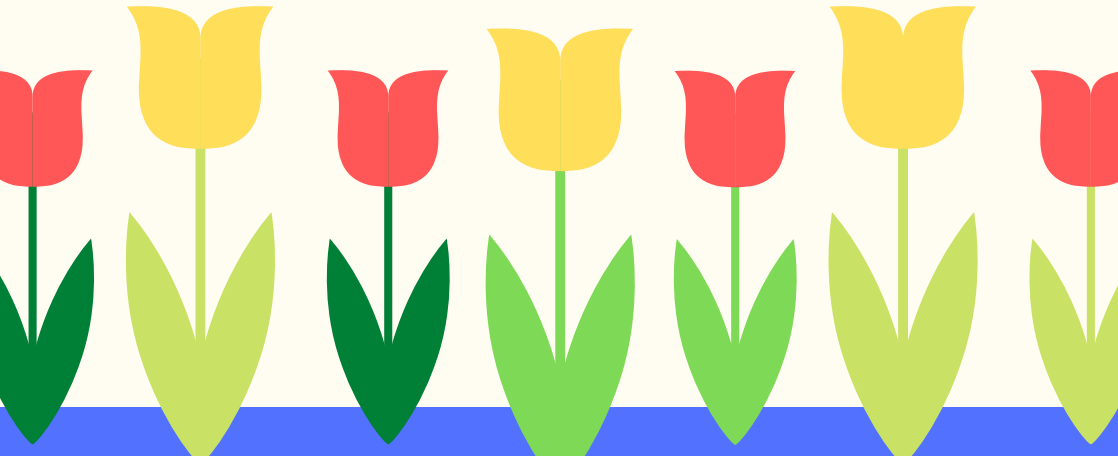
These suggestions may keep your family strong and help you get through the tough times.

FOR MORE RESOURCES, search:
Simple Connections, Stronger Families Toolkit
at ahs.ca

Safe. Calm. Connected.
BRSD WELLNESS



**Grow Positivity This
Spring!**



FEAR-LESS TRIPLE P SEMINAR

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Caregiver Education Team Newsletter

March 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

Keeping Scattered Kids on Track: Understanding ADHD

Part 1 - Monday, March 1
12:00 – 1:00 pm

Part 2 - Monday, March 8
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 1 - Tuesday, March 2
12:00 – 1:00 pm

Part 2 - Tuesday, March 9
12:00 – 1:00 pm

Building Executive Functioning Skills

Part 1 - Monday, March 15
12:00 – 1:00 pm

Part 2 - Monday, March 22
12:00 – 1:00 pm

Parenting Strategies That Promote Positive Mental Health

Part 1 - Tuesday, March 16
12:00 – 1:00 pm

Part 2 - Tuesday, March 23
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Sleep and Your Family's Mental Health

Wednesday, March 3
6:00 – 7:30 pm

Parenting Teens in the 21st Century: Respectful Limit Setting With Adolescents
Wednesday, March 10
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children

Wednesday, March 17
6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families
Wednesday, March 24
6:00 – 7:30 pm

Drop-In Series

Anxiety Part 1: An Introduction

Thursday, March 4
6:00 – 7:30 pm

Anxiety Part 2: Calming Our Bodies

Thursday, March 11
6:00 – 7:30 pm

Anxiety Part 3: Settling Our Minds

Thursday, March 18
6:00 – 7:30 pm

Anxiety Part 4: Overcoming Avoidance

Thursday, March 25
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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.

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Wednesday, March 3, 2021

Time: 6:00 – 7:30 pm

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

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In this session, you will explore the challenges of being a teenager, parenting a teenager, and tips for setting healthy boundaries.

Date: Wednesday, March 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:

“This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!”

“I can definitely apply this to my own children and classroom. Hope to be a part of more of these!”

“Extremely helpful, realistic advice and suggestions. Thank you!”



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Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

Date: Wednesday, March 17, 2021

Time: 6:00 – 7:30 pm

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

Technology and the Teenage Brain Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

Date: Wednesday, March 24, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Parent Feedback:

“The information provided was very good and clear to understand.”

“The speakers were very knowledgeable and gave lots of information.”

“The more sessions I attend, the more I will be able to guide my child.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

March 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.

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

Caregiver Education Sessions

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

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.

Part 1 - Monday, March 1, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, March 8, 2021

Time: 12:00 – 1:00 pm

Notes: 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.

Part 1 - Tuesday, March 2, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Tuesday, March 9, 2021

Time: 12:00 – 1:00 pm

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

Parent Feedback:

“The session was really well run and [the presenters] were really great, open, and supportive.”

“It provides really great basic information, tools and strategies to implement and use in everyday life.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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Lunch & Learn Webinars

March 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.

Caregiver Education Sessions

Building Executive Functioning Skills

Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1 - Monday, March 15, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, March 22, 2021

Time: 12:00 – 1:00 pm

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

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.

Part 1 - Tuesday, March 16, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Tuesday, March 23, 2021

Time: 12:00 – 1:00 pm

Notes: 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.

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

www.cyfcaregivereducation.ca

Parent Feedback:

“Enjoyed the session – the length and format was perfect!”

“Helpful tools to assist parents. Thank you!”

“I can't wait to continue joining upcoming sessions.”



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Drop-in Series

March 2021



These free 90 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. As part of a 4 session series, you are welcome to attend one session or join us each week.

Anxiety Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

Date: Thursday, March 4, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

Date: Thursday, March 11, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

Date: Thursday, March 18, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Thursday, March 25, 2021

Time: 6:00 – 7:30 pm

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

Registration

Sessions are offered online through the Zoom conferencing application.

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

www.cyfcaregivereducation.ca

Parent Feedback

“Thank you for another great session. I am enjoying them so much!”

“Great ideas and interactive discussion today!”

“Thank you for wonderful session, plus your time and dedication to make it informative and helpful.”



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