

*Check-out*  
**MHCB'S**  
**SUMMER**  
**PROGRAMS**  
**BELOW!**



VOLUME 20 • JUNE 2021  
 Safe, Calm, Connected

# MHCB WELLNESS PACK

SPECIAL EDITION: ACTIVITIES FOR STUDENTS AND FAMILIES

## SELF-CARE SUMMER

Paying attention to our bodies and emotions, and doing the things we need to do to be well, is a no-brainer! As we look towards the summer, practicing some simple self-care strategies on this calendar can ensure we make it there ready for all the sun, fun, and rest it holds!

**Take a look at the posters below for information on the fun summer programs we are offering for students, families, and parents and caregivers!**



Start a walking habit. See if you can walk 1 km each day!	Make a "feel good songs" playlist for when you need a boost.	Curl up on the couch with your favorite treat.	Send a text to a friend you're grateful for and tell them why.	Read a chapter of a book.	Watch a favorite movie.	Take a nap (guilt free)!
Bake cookies or some other kind of treat.	Write a positive affirmation on your bathroom mirror to say to yourself daily.	Take 1/2 hour to enjoy a hot beverage in a great mug.	Put on a playlist and dance.	Call up an old friend.	Pack and go for a picnic, away from your home.	Write in a journal.
Do something you loved as a kid.	Listen to a podcast.	Practice Mindfulness for 10 minutes.	Lay down on the grass and watch the sky/clouds.	Enjoy the feeling of warm socks fresh from the dryer.	Do some gentle stretches every morning for the rest of the month.	Take a 24 hour break from social media.
Build something out of LEGO.	Make your bed with fresh sheets	Turn off your TV and play some music.	Watch the sunset.	Celebrate something today (big or small).	Window shop at your favorite store.	Using a YouTube tutorial, learn how to juggle.



Get in the flow with our

# HULA HOOP BEGINNERS CLASSES

With Facilitator:  
**AMY  
ARSENAULT**  
and the MHCBC  
team.

TRY SOMETHING NEW AND GROW A GROWTH MINDSET!

## AGES 8-12

July 6, 13, 20, 27  
2-3 PM

## AGES 12-16

Aug. 3, 10, 17, 24  
2-3 PM

To register, email or call:

Andrea Dyck

[adyck@brsd.ab.ca](mailto:adyck@brsd.ab.ca)

(780) 672-6131 ext.6948

Space is limited!

**SPECIAL  
OFFERING**

**ONLINE. HULA HOOP SUPPLIED. FREE!**



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BRSD WELLNESS



BRSD MHCBC  
SUMMER  
PROGRAM

Virtual

# DANCEPL3Y

BE POSITIVE.  
BE FUN.  
BE YOURSELF.

With Facilitator:  
**TRACY  
LOCKWOOD**  
and the MHCBC  
team.

COME EXPERIENCE THIS FUN, ACTIVE AND ENGAGING PROGRAM!

## What is Dance Pl3y?

DANCE PL3Y (dance play) is a high-energy, internationally known, physical activity program for kids that “plays” with dance, while promoting positive mental health through the 3 Rules of PL3Y: Be Positive. Be Fun. Be Yourself. This program teaches simple moves while exposing kids to a variety of movements and music from cultures across the globe. The focus is on developing self-confidence and positive attitudes towards lifelong activity.

**AGES 8-12**

**Aug. 4, 11, 18, 25**

**9-10 AM**

*To register, email or call: Andrea Dyck*

*adyck@brsd.ab.ca*

*(780) 672-6131 ext.6948*

**SPECIAL  
OFFERING**



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BRSD WELLNESS



BRSD MHCB  
SUMMER  
PROGRAM

*Virtual*

Mental wellness through  
art-based practices in:

# CREATIVE KIDS

Guest Facilitator

NIKKI  
FEATHERSTONE

Monday  
and Tuesday

ART. WELLNESS. CREATIVITY.

To register, email or  
call:

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adyck@brsd.ab.ca

(780) 672-6131 ext.6948

Space is limited!

**AGES 8-12**

July 6, 13, 20, 27

2-3 PM

**ONLINE.**

**FREE!**

**SPECIAL**

**OFFERING**



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# SUMMER TIME SELF-CARE

## For Kids!

In these online programs, kids enjoy movement, a story and a fun project each day!

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**RELAXATION WEEK: July 6-9** This week we'll be joined by our friends from the Camrose Public Library!

K-Gr.3	9:30-10:30 AM
Gr. 4-6	10:30-11:30 AM

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**GRATITUDE WEEK: July 6-9** This week we'll be joined by our friends from the Forestburg Public Library!

K-Gr.3	9:00-10:00 AM
Gr. 4-6	3:00-4:00 PM

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**"TAKING CARE OF ME" WEEK: August 23-26** This week we'll be joined by our friends from the Killam Public Library!

K-Gr.3	9:00-10:00 AM
Gr. 4-6	1:00-2:00 PM

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To receive the project materials kit, please register by **June 18th**. (After this date, we will email the materials list so that you can gather the materials from your home.)



**To register, email or call: Andrea Dyck**  
**adyck@brsd.ab.ca**  
**(780) 672-6131 ext.6948**

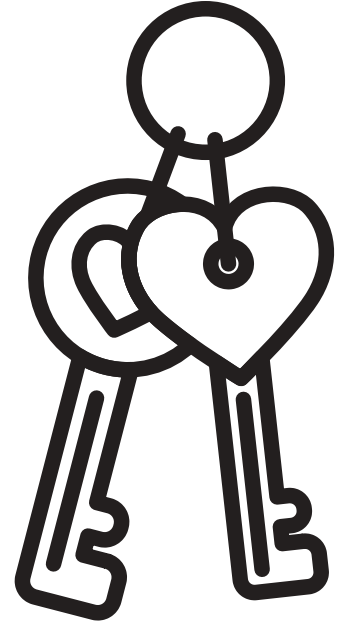
*Space is limited.*





# KIMOCHIS CLUB 2021

## "DON'T FORGET YOUR KEYS!"



All feelings are okay, all behaviours are not! In this year's Kimocho Summer Club, kids will practice and master the keys to communication that will help them communicate their feelings in a healthy way and build a lifetime of positive relationships and connections.

**WHAT:** A fun, summer program that helps kids understand and communicate their feelings.

**WHO:** **K - Gr. 3** students and their families.

**WHERE:** Online.

**WHEN:** July 12-15  
9:30-10:30  
OR  
August 3-6  
10-11:30

**ENJOY FUN ACTIVITIES,  
HELPFUL STRATEGIES,  
AND MEETING THE KIMOCHIS!**

**TO REGISTER:**

Email or call Andrea BRSD  
MHC B Program Manager:  
- adyck@brsd.ab.ca  
- (780) 672-6131 Ext. 6948



**SPACE IS LIMITED -  
REGISTER SOON!**

**BRSD MHCBC  
SUMMER  
PROGRAM**

*Virtual*

# Girl's Group

July 6 - 9, 2021

12:30-2 PM

# Boy's Group

August 9-12, 2021

1-2:30 PM

Are you in Gr. 5  
and starting  
École Charlie  
Killam School  
next year?

**FUN! FREE!**

**ONLINE.**

**Everyone feels a little nervous about going to a new school! If you're interested in having fun, meeting some new friends, and feeling more comfortable with going to a new school, then this is the camp for you!**

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adyck@brsd.ab.ca  
(780) 672-6131 ext.6948

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BRSD WELLNESS



# TWEEN AND TEEN Summer Growth Mindset Challenge

**JULY 9, 16, 23, 30**  
**2-3 PM**

FREE challenge and activities kit!

Everyone faces changes and challenges. Dealing with them doesn't have to stress us out or overwhelm us. If you're interested in practicing ways to help you be **more flexible, believe in yourself**, and learn **how not to give up**, join us!

To register for this **online program**, email or call: Andrea Dyck

adyck@brsd.ab.ca  
(780) 672-6131 ext.6948

*Spaces limited.*





Virtual

# PHOTOGRAPHY CAMP



Receive a new prompt and memory book page each Wednesday. On Friday, share and talk about 3-4 pictures you've captured that represent the week's theme, with the group! Finish the summer with a digital mental health memory book you've created yourself.

## ONLINE GROUP:

Fridays

July 16 - August 27

1-2 PM

Weekly theme and memory page emailed: Wednesdays (July 14, 21, 28, Aug. 4, 11, 18, 25)

Registrations accepted before Wednesday each week. (Or register for whole summer.)

To register for this online program, email or call: Andrea Dyck

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(780) 672-6131 ext.6948





# BRSD MHC

MOVE YOUR  
*Mood*<sup>TM</sup>

# SUMMER PROGRAM

Join us online for this *5 day program* to learn ways to move your body, fuel your body and expand your mind.

**Junior High:**

**July 26-30      12:30-2 PM**

**Senior High:**

**Aug. 16-20      12:30-2 PM**

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To register for this **online program**, email or call: Andrea Dyck  
adyck@brsd.ab.ca  
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# KINDNESS AND CONNECTION Challenge Week!

To register,  
email or call:  
Andrea Dyck  
adyck@brsd.ab.  
ca  
(780) 672-6131  
ext.6948

Featuring:  
Big Life  
Journal  
materials

We all want to be a part of kind families and communities! In this 3 day online family connection challenge, gain access to fun activities and materials to practice kindness in your home and community.

August 3-5  
1-2 PM

Spaces limited.





# Mindful Drawing

Do you enjoy drawing? Would you like to practice drawing as a way to relax?

Join us!

Wednesdays in August:  
4, 11, 18 25

3:00 - 4:00 PM

Grades 3-6



To register, email or call: Andrea Dyck  
adyck@brsd.ab.ca  
(780) 672-6131 ext.6948

*Spaces limited.*



Virtual

# Water Canvas Workshop

Water canvas - sometimes known as "Buddha Boards" - are a popular and fun art medium. They also offer a great opportunity to support mental health!



In this **online adult** workshop, using only water, a brush, and a special canvas material, participants will learn to use this as a tool to practice mindfulness, manage stress, and support mental health.

**MONDAY JULY 5TH, 2021**

**9:30 - 11:00 AM**

**or**

**1:00 - 2:30 PM**

-  All participants will receive a **FREE water canvas** and brush
-  Learn techniques that you can use yourself, with your child/ teen, students, or clients.

*Email Andrea Dyck, MHC B Program Manager  
to register: [adyck@brsd.ab.ca](mailto:adyck@brsd.ab.ca)*

*Space is limited.*



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# Summer Mindfulness Sits

Offering 1: July 7, 14, 21, 28  
3-3:30 PM

or

Offering 2: Aug. 9, 16, 23, 30  
3-3:30 PM

For: Parents/Caregivers, and others that provide support to youth and their families.

Mindfulness supports mental health, improves focus and attention, and is an effective strategy to manage stress and anxiety.

Whether you're just learning about Mindfulness for the first time, or have an established Mindfulness habit, these summer sessions are a great way to practice self-care!

## TO REGISTER:

Email Andrea Dyck, BRSD MHC Program

Manager:

[adyck@brsd.ab.ca](mailto:adyck@brsd.ab.ca)



# PARENT & CHILD CALM DOWN TOOLKIT CAMP

Join us for this fun, 4 day, online camp and learn and practice calm down strategies you can use together in your home.

**FREE KIT INCLUDED!**



Whether you're 2 or 20 or 100 years old, managing big emotions isn't easy!

In this interactive online camp with your child, learn how to:



Use easy Calm Down Tools & Strategies in your home.



Keep from getting overwhelmed, before someone flips their lid.



Use common toys and materials as tools to relax and reset!

*Space is limited.*

**Aug. 9-12th, 10-11:30 AM**

**OR**

**Aug. 16-19th, 10-11:30 AM**

**FREE!**

**FOR FAMILIES WITH KIDS OF ALL AGES!**

To register, email or call:

Andrea Dyck

[adyck@brsd.ab.ca](mailto:adyck@brsd.ab.ca)

(780) 672-6131 ext.6948

*Spaces limited.*

BRSD MENTAL HEALTH CAPACITY BUILDING PRESENTS:  
SUPPORTING YOUR CHILD AS THEY

# RETURN TO SCHOOL

AUGUST 30TH, 2021 | 1-2:30 PM  
SEPTEMBER 2ND, 2021 | 6:30-8 PM  
ONLINE

## MENTAL + PHYSICAL HEALTH, MANAGING WORRY

- Helping your child be prepared.
- What emotions and behaviours you might see.
- Helping them cope with stress and worry in healthy ways.

### TO REGISTER CONTACT:

Andrea Dyck

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

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