

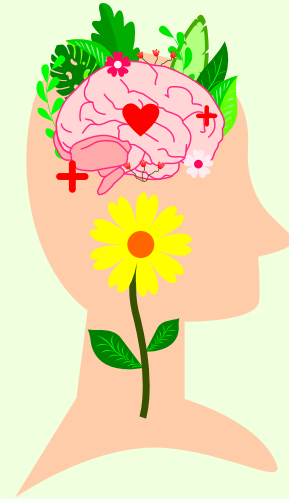
MENTAL HEALTH

PARENT INFORMATION WEBINARS

SUPPORTING OUR CHILDREN
WITH THEIR MENTAL HEALTH AND
SOCIAL/EMOTIONAL LEARNING

SESSION #1 "CALMING THE CHAOS"
MONDAY, JUNE 3RD, 2024 7-8PM

IN THIS SESSION WE WILL FOCUS ON SELF-AWARENESS AND SELF MANAGEMENT SKILLS. YOU WILL LEARN HOW TO TALK TO YOUR CHILDREN ABOUT EMOTIONS AND STRATEGIES TO HELP REGULATE THEIR BIG EMOTIONS.



SESSION #2 "WORRY WARRIOR"
TUESDAY, JUNE 11TH, 2024 7-8PM

CHILDHOOD ANXIETY AND WORRIES ARE BECOMING INCRESASINGLY MORE COMMON IN YOUNG CHILDREN. IN THIS SESSION WE WILL LEARN WAYS TO TALK TO CHILDREN ABOUT THEIR WORRIES AND LEARN STRATEGIES TO HELP THEM NAVIGATE THESE UNCOMFORTABLE EMOTIONS.

RSVP HERE



JILL MITCHELL HAS BEEN A TEACHER FOR 18 YEARS AND MOST RECENTLY A HEALTH AND WELLNESS COACH FOR HER SCHOOL DIVISION. CURRENTLY ON A PROFFESIONAL IMPROVEMENT LEAVE, JILL IS WORKING ON HER MASTERS IN SUPPORTING CHILDREN'S MENTAL HEALTH AND WORKING ON A PROJECT ENTITLED "THRIVE" WITH CALGARY CONNECT CHARTER SCHOOL AND CALGARY ARTS ACADEMY. JILL IS ALSO HAPPILY MARRIED WITH 2 BEAUTIFUL GIRLS AGED 12 AND 15, WHO ARE HER BIGGEST INSPIRATION IN THIS WORK.