



Southern Alberta  
Professional Development  
**Consortium**

# Working Together to Support Mental Health: A Strength Based Approach



PRESENTED BY

**Cynthia Parr**



SERIES SESSIONS

Date	Time
November 20, 2017	9:00 AM - 3:30 PM



LOCATION

**SAPDC Learning Suite - 2219 14 Avenue  
South (located in Our Lady of Assumption  
School)**

FEE

**\$30.00**

QUESTIONS?

Contact Us:

**403-381-5580**

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**sapdc.ca**

## Program

A strength-based approach shifts the focus from the prevention of specific problems to a more positive, holistic view of child and youth development. This approach involves a different way of thinking about students and of interpreting the ways they cope with life challenges. It allows one to see opportunities, hope and solutions, rather than problems and hopelessness. A strength-based approach focuses on building resiliency, enhancing social-emotional learning and supporting recovery. Through this session we will explore the resource "Working Together to Support Mental Health in Alberta Schools " and work to develop shared understandings around mental health language, the impact of mental health on brain development and learning and how strength based approaches in schools support an overall culture of wellness.

This learning opportunity is made possible through funding from Alberta Education.

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## Presenters

**Cynthia Parr**

## **Cynthia Parr, B. Ed., M. Ed**

**Cynthia Parr** is currently a Learning Facilitator with SAPDC. Previous to this she has been a teacher, vice-principal, principal and Director of Student Services as well as taught at the post-secondary level. Cynthia received both her B Ed and M Ed at the University of Lethbridge with a focus on professional development to meet the diverse learning needs of all students. As a Learning Facilitator she supports districts, schools and teachers to develop deeper understandings in all areas related to current Alberta Education priorities. Her background is in the area of Student Services and Inclusive Learning Supports (including best practices, differentiated instruction, Universal Design for Learning, Mental Health and Trauma Informed Practice). Cynthia is a passionate believer that every student can learn and achieve success given the necessary supports and a safe and positive learning environment.

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