



Whole School Approach to Positive Mental Health



PRESENTED BY

Cynthia Parr, Norah Fines, RD & Stephanie Wierl



SERIES SESSIONS

Date	Time
May 07, 2019	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

REGISTER ONLINE

Visit our website to register:

sapdc.ca

Program

Got mental health? Everyone has it, including those with a mental illness, and everyone can improve their mental health. It is the foundation that supports learning, healthy development, and the ability to deal with life's challenges. Promoting positive mental health for all students and staff involves the whole school community.

Join us to:

- Hear practical examples of what positive mental health looks like in the classroom and throughout the whole school
- Learn about strategies and resources that teachers can use to enhance social emotional learning and foster resilience
- Increase your comfort-level when talking about mental health and sharing supportive practices in your school
- Review the planning and implementation tool from Working Together To Support Mental Health in Alberta Schools to inform collaborative conversations and plan for supporting students' mental health in your school or district

Working together as a school team is an essential component to supporting mental health. Bringing your wellness team together to attend this session is strongly encouraged.

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.

Norah Fines, RD

Norah Fines is a Health Promotion Coordinator from Alberta Health Services with the [School Health and Wellness Promotion team](#). She has been working in health promotion for over 10 years, and has a passion for supporting healthy school environments.



Stephanie Wierl

School Health & Wellness Promotion- AHS

Registration Notes

This session is brought to you in part by Alberta Health Services.

Refreshments and lunch will be provided



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