



# Workshops for Schools

WE KNOW YOUR ROLE AS EDUCATORS FOCUSES ON THE WHOLE CHILD, INCLUDING THEIR MENTAL HEALTH AND SUPPORTING STUDENTS' MENTAL HEALTH CAN BE HARD. WE ALSO KNOW THAT WHEN PARENTS AND SCHOOLS WORK WELL TOGETHER, THINGS OFTEN GO BETTER FOR EVERYONE AND CHILD AND YOUTH MENTAL HEALTH OUTCOMES ARE ENHANCED.

Educators, school counsellors, students and families have shared some skills with us. They say that, when intentionally practiced, these skills make it easier for all of us to work well together. It's not about doing more; it's about the intentional practice of these skills.

Join us for 1, 2, or all 3 workshops to learn a few more ideas and skills that support the important connection between homes and schools. Workshops are 45 minutes and offered virtually or in person in some communities. Invite us to a Pro-D day, Lunch & Learn or staff meeting. There is no cost to schools in 2022.

## **WORKSHOP 1 - CARING, CONNECTED RELATIONSHIPS:**

When a child or youth is having a tough time because of their mental health, communication between home and school can be especially hard. How do we build relationships when things are so hard? You'll learn the skills that help when we find ourselves judging others, or are feeling judged ourselves.

## **WORKSHOP 2 - WORKING WELL TOGETHER:**

Parents and caregivers don't always show up at their best when they are having challenges supporting their kids' mental health. And that can make it hard for everyone, including you. Learn how we can prepare for these moments and use them to strengthen our connection between home and school.

## **WORKSHOP 3 - UNDERSTANDING POWER:**

Power impacts us all differently. We might feel like we don't have any power, or that others have too much. How do we become more aware of our own power? How do we use power intentionally to help things go better? Join us for a beginning conversation and a different way to look at power.

## **TO FIND OUT MORE OR TO BOOK A FREE WORKSHOP IN 2022 VISIT:**

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or email [training@familysmart.ca](mailto:training@familysmart.ca)