

MENTAL HEALTH WEEK

2021

MAY 3-9



Alberta Regional Consortia

LEARN MORE & REGISTER HERE
WWW.CRCPD.AB.CA

FEE: \$25 for the week

FEATURED WEBINARS



Crossing the Finish Line: 5 Mental Health Strategies to Help You Finish Strong! Presented by Bev Baker-Hofmann

This session will emphasize a positive, strengths-based approach and offer the opportunity for you to create your own path forward. While it is OK to not be OK, we will engage in conversation about not staying stuck in the muck, maximizing your resilience and utilizing strong foundational blocks of positive mental health and wellbeing such as gratitude, kindness and hope to get you across the finish line!



Rounding the Home Stretch of the Pandemic and Beyond: Supporting Well-Being in Your Students (and Yourself!) Presented by Dr. David Tranter

This webinar will cover the critical strategies for supporting your students' well-being throughout the final leg of the pandemic. It will also examine how learners may be impacted post-pandemic and how you can best support their well-being over the long-haul.

Questions? Contact register@crcpd.ab.ca

Join This Week Long Celebration of Student & Teacher Mental Health with

Register once and gain access to all of the festivities in this Mental Health Week ARPDC event! Select your options when you register, and join us for as much or as little as you want.

Your registration fee includes:

- **ACCESS** to all learning and wellness events
- **CURATED** package of digital school mental health resources delivered to your inbox
- **ACCESS** to a package of off-line wellness activities to choose from and to participate in asynchronously with colleagues



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WELLNESS EVENTS

May 3	7:00pm - 8:00pm	Vinyasa Flow with Rikki Mae Yoga
May 4	7:30am - 8:00am	Guided Meditation with Mina Khan-Lee
May 4	4:00pm - 5:00pm	Bev Baker-Hofmann - <i>Crossing the Finish Line: 5 Mental Health Strategies to Help You Finish Strong!</i>
May 5	4:30pm - 5:30pm	Dr. David Tranter - <i>Rounding the Home Stretch of the Pandemic and Beyond: Supporting Well-Being in Your Students (and Yourself!)</i>
May 6	6:00pm - 7:30pm	Virtual Cooking Class with ATCO Blue Flame Kitchen
May 7	6:30am - 7:15am	Full Body Interval Training with Carrie Versfeld
May 8	9:30am - 12:30pm	Hike in Kananaskis - Fullerton Loop

