



Created by a SD43 student with FASD

MENTAL HEALTH SERIES 2023

Mental Health Series

In collaboration with POPFASD, our community partners at Kinsight and Registered Clinical Counsellor and parent of a child with FASD, Natascha Lawrence, we are excited to offer a monthly series of educational opportunities to support children/youth who have FASD. Join us to discuss strategies to support these students in and out of the classroom.

Please register at: <https://www.fasdoutreach.ca/>

Mental Health Series 5 Live Webinar Sessions

Friday, Feb 17, 2023

9-11am

Regulation: Strategies to support school success

Monday, March 6, 2023

3:15pm to 4:45pm

Anxiety: Reducing stress and promoting educational confidence

Monday, April 24, 2023

3:15pm to 4:45pm

Depression: Promoting connection and identity formation

Monday, May 8, 2023

3:15pm to 4:45pm

Self Injurious Behaviour: School Based Interventions

Monday, June 5, 2023

3:15pm to 4:45pm

Addiction: Digital Addiction and Substance Abuse Prevention and Resources

Certificate of Completion for SD43 participants

Note: **must attend all Monday live sessions for certificate.

First session will be offered by recording to view.