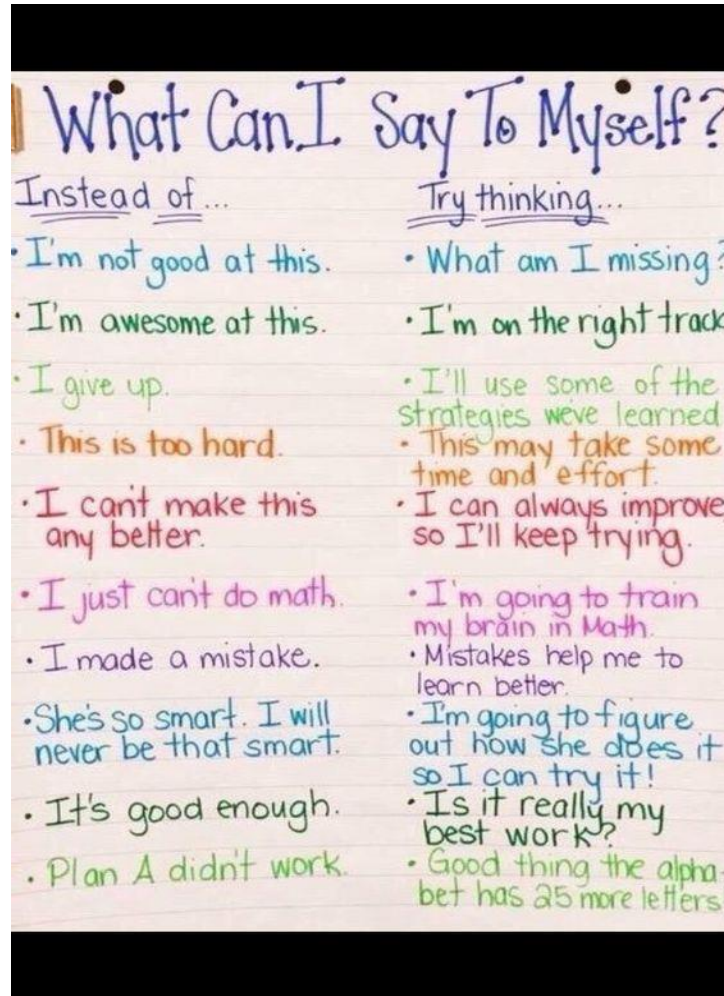


Counselor's Corner

Mrs. Kathy Franson & Ms. Chloe Luck

At school we talk a lot about how to change the way we talk to ourselves in a positive way instead of negatively. Below are just a few examples of ways to do this.



Mental Health Events:

Zoom meditation (Free) Through the Okotoks Library. Every Sunday at 9:30
Meeting ID: 942 592 8230 Password: 1pkytR

AHS Mental Health Foundation

Caregiver Education Team -Parent sessions

Keeping Scattered Kids on Track (ADHD) - April 27 6-7:30 p

More info and to register [Home \(cyfcaregivereducation.ca\)](http://Home.cyfcaregivereducation.ca)

Crisis and Trauma Resource Institute (CTRI) Free Resources

How to cope with stressful world news [1-Minute Video Insights | Crisis and Trauma Resource Institute \(ctrinstitute.com\)](#)

Supporting children to manage stress during the Covid-19 pandemic - Webinar [Supporting Children During COVID-19 | Crisis and Trauma Resource Institute \(ctrinstitute.com\)](#)

If you feel your child could use some additional mental health supports, please don't hesitate to reach out to your student's teacher who can connect you with some more support people within the school. For any questions regarding supports at the school or in the community please reach out to either the Youth Development Coach, Mrs. Franson, or the Family School Liaison Counsellor, Ms. Luck.

Chloe Luck

Family School Liaison Counsellor
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Kathy Franson

Youth Development Coach
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