

Counsellor's Corner

Mrs. Kathy Franson & Ms. Chloe Luck

Mental Health Events:


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


Pokemon club (Free) Okotoks Library Every Tuesday 4:30-6pm


AHS Mental Health Foundation

Caregiver Education Team -Parent sessions

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

 Pine Lake Camp Poster 2022.pdf

 Family Transition promo.pdf

 Grand Connections Final.pdf

 2022 Counsellors in the Foothills.pdf April.pdf

Crisis and Trauma Resource Institute (CTRI) Free Resources

How to cope with stressful world news [1-Minute Video Insights | Crisis and Trauma Resource Institute \(ctrinstitute.com\)](https://ctrinstitute.com/1-minute-video-insights/)

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

Some great ideas to do with your kids. It can be something the entire family does, pick something in the morning and share at night how it went and what you did to accomplish it. It could make for a great dinner conversation or bedtime talk about how the day went and if it was easy or hard to do.

 Let your smile change the world.pdf

If you feel your child could use some additional mental health support, 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 support 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.

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