

# 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: 1pkylR

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

## **AHS Mental Health Foundation**

### **Caregiver Education Team -Parent sessions**

**Test Anxiety** Strategies for success - May 18

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

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))

When you start thinking about what you might want to do this summer when your kids are out of school, below is a fun way to get your kids involved in helping come up with ideas.

📄 45 ideas for big life summer.pdf



**MYCITYCARE**  
**FOR LOVE & IMPACT**

**STREET STORE**

okotoks@mycitycare.ca  
403-606-6812  
106 Southbank Road

**PARTNERING WITH THE LOCAL COMMUNITY**  
The Street Store is an outdoor pop up shop with a cause! The shop provides basic essentials such as emergency hampers, meals, hygiene items and clothing. In various seasons special items such as health and wellness activities packs and items for children can be accessed through the event. All items are distributed to the community free of charge.

**C. IAN MCLAREN SCHOOL**  
**BLACK DIAMOND | PARENT PARKING LOT**  
**JUNE 10TH FROM 3:00PM - 5:30PM**

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.

**Chloe Luck** Family School Liaison Counsellor  
[luckc@fsd38.ab.ca](mailto:luckc@fsd38.ab.ca)

**Kathy Franson** Youth Development Coach  
[fransonk@fsd38.ab.ca](mailto:fransonk@fsd38.ab.ca)