

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

Test Anxiety Strategies for success - May 18

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

Kathy Franson Youth Development Coach
fransonk@fsd38.ab.ca

Here are some great ideas we found to give you some different conversation starters. It is titled dinner conversation starters but it could also be a great idea for car rides as well.

📎 [40ConversationStarters.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