

Counselor'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

Keeping Scattered Kids on Track (ADHD) - May 5th
and 19th

More than just a bad day Understanding depression in
youth May 9

Test Anxiety Strategies for success - May 18

Body Image and Eating disorders - May 4

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 Counselor, Ms. Luck.

Chloe Luck Family School Liaison Counselor
luckc@fsd38.ab.ca

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



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

Gratitude It is easy to get bogged down by life. Challenges we face and demands placed upon us can have us looking at life negatively. Gratitude is the act of appreciating all the little things in life. Warm sun on a cold day, a hot cup of coffee, the cell phone you are reading this on. Even when things are not going well there are little things to be grateful for. Talking about or writing down things you are grateful for each day helps reduce stress, lower blood pressure, improve sleep, enhances empathy, reduces aggression, and improves our self-esteem and mood. Not only is practicing gratitude good for adults, it is also great for children. Make practicing gratitude a habit for you and your family starting today! Below are a couple of different ways to write down what you are grateful for. Today we are grateful it is Monday and we get to work with all your wonderful children! Have a great week.

