



PD Sessions

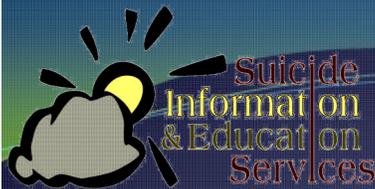
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Suicide Information and Education Services is pleased to offer a variety of professional development sessions and workshops for teachers, educational assistants, administration, parents and other school support staff. Focus of all sessions is the application of practical strategies, tips and tools that can be adapted to the participant's environment. All topics can be customized and length is determined by the needs of the audience. There is a facilitation fee and follow-up outreach services are included. Please contact Mary Dawn Eggleton at (403) 342-4966 to book a presentation or to discuss your specific needs.

- **It's OK To Talk About Self-Harm:**
Open discussion about self-injury, why people self-injure, risk factors, warning signs and how to provide help.
- **It's OK To Talk About Suicide:**
Non-judgemental conversation that is designed to dispel the myths around suicide, learn about the warning signs and how best to help someone who is considering suicide.
- **Teaching Students with Depression:**
Discussion around the facts and myths of depression, causes, signs, symptoms and why it is important students with depression receive specific interventions.
- **Introduction to Bullying Awareness:**
An introduction to the basics of bullying awareness and prevention with focus on building a common language around what is bullying, who is the aggressor, target and witness and what actions to take.
- **Let's Talk About Student Stress:**
Exploration of what stress actually does to our bodies and brains, and positive ways to cope with the stress to support healthy mental health.
- **Let's Talk About Your Stress:**
This workshop will address what is causing our stress, how is it impacting us physically and mentally, what can we do to reduce our stress and how can we cope.
- **Creating a Work-Life Balance:**
In this workshop participants will complete practical activities to focus on identifying aspects of their work-life that are demanding, how to find a balance, and how to maintain that balance.
- **Let's Talk About Kids and the Internet:**
A look into both the positives and negatives of the internet and social media and how personal relationships can be impacted.
- **Brains in Pain Cannot Learn:**
In this session participants will explore what stress, anxiety, depression, suicidal thoughts, traumas and other mental illness' impact is on student's neuro-processing and ultimately learning.
- **The Whole Employee (Administrators):**
An employee-at-risk program designed to assist administrators in recognizing symptoms of stress, depression, suicide, mental illness and addiction while increasing the likelihood of intervention.



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- **Mental Health 101:**
This session can be used as either an introduction to mental health or a refresher. Topics of suicide, depression, mindfulness and positive coping skills will all be addressed.
- **Mindful U:**
Learning how to direct our attention and our responses to the here and now while reducing stress, increasing relaxation while promoting overall well-being and resilience.
- **Creating Mentally Healthy Schools:**
Looking at safe-spaces, school design and philosophy with the students mental well-being in mind.
- **Social, Emotional Learning and Embedded Curriculum:**
Discussion focused on what is social, emotional learning, why is it important especially why is it important to embed and practical lesson plans for all subjects.
- **Building Resilient Kids:**
In this session participants will explore the foundation of building resiliency and how to incorporate these fundamentals into everyday learning.
- **Building Strong Parent/Teacher Relationships:**
Ensuring that the lines of communication are open and positive especially with parents can be difficult. This session will explore how to strengthen these relationships and how to have difficult conversations.
- **Lessons Learnt From Inside-Out:**
Using Disney Pixar's Inside-Out we will explore what the key messages are and how to incorporate these learnings into cross curriculum lesson plans.
- **Students and Anxiety:**
Discussion regarding what exactly is anxiety, what causes it and how can we better help our students cope with their anxieties and determine if they need modified learning plans.
- **The Stress of Tests:**
Practical strategies and hands-on activities that have direct application in classroom settings. Explore test taking methods from the outset of learning, through studying, writing the test and then follow-up.
- **Grief, Loss and Change:**
Explore the grief process and the impact devaluing grief and loss has in relation to suicide.
- **Promoting Healthy Relationships:**
This session will focus on how to promote positive interactions between students of all ages including assertive communication, problem solving and just being kind.
- **The Art of Motivation:**
Learning how to instill curiosity, inspiration, creativity, passion and ultimately motivation in our students of all ages to facilitate their everyday learning.
- **Contact Us for New Sessions Coming Soon...**

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