

*We Help.*

## Mental Health and Well-being: A four part series



### **Part I: The Mentally Healthy Classroom**

This session will provide a foundation of common language, the importance of early recognition of mental health concerns and factors that promote well-being, as well as strategies that educators can use to support the mental health and well-being of all students.

May 7, 4:30-6:30 p.m. at the Education Centre

### **Part II: ADHD**

This session focuses specifically on ADHD. It will provide an understanding of the neurobiology of ADHD, how students with this disorder may present in the classroom, and strategies educators can implement to support students with ADHD.

May 23, 4:30-6:30 p.m. at the Education Centre

### **Part III: Mood and Part IV: Anxiety**

These sessions will focus on better understanding mood disorders. The sessions will include how to identify signs and symptoms, what the educators can do to help, and general classroom strategies.

Dates TBD