

openparachute®

WELLBEING RESOURCES

FOR HOME EDUCATION

LEARN MORE

INFORMATION BULLETIN

ON LEARNER SUPPORT SERVICES TO HOME EDUCATION PARENTS

Open Parachute - giving your children skills to support their mental wellbeing.

What is the program designed to provide?

- Open Parachute for Home Education is a mental health & well-being program created specifically for Home Education families at no cost to them.
- The goal of the program is to make it easy to teach practical mental health skills to your children.
- The focus is on prevention, giving children an opportunity to practice skills for addressing current or future challenges that might impact their mental health.
- Videos of children their own age and prepared discussion and activities guide the learning.

How do Home Education parents access Open Parachute?

- Click LEARN MORE above or go to the [AISCA website](#).
- Watch Open Parachute "Video Introducing Wellbeing Resources"
- Select Open Parachute "Registration for Wellbeing Resources"
 - select the Home Education authority you are registered with
 - name the school, school board or program you are with (optional)
 - enter your email address

AISCA 
Association of Independent
Schools & Colleges in Alberta