

UPDATED



FINDING THE WORDS

MENTAL WELL-BEING SERIES



ECLS and Open Parachute are proud to present a series of sessions on Mental Well-Being.

These sessions will prepare educators with practical tips for having conversations with students about various mental health challenges. Each session focuses on a specific mental health topic, providing a conversation framework and the specific words that educators can use to support their students through each challenge. Topics for each session are as follows:

1. Perfectionism:

Reminding students that their worth is not dependent on a 'perfect outcome'
October 12, 2023

2. Not Fitting In:

Helping students accept themselves when others don't accept them
November 15, 2023

3. Grief/Loss:

Finding the words to say to a grieving student
December 6, 2023

4. Self-Harm:

Encouraging students to change harmful habits
January 17, 2024

NEW DATE!

5. Abuse/Domestic Violence:

Supporting students after the disclosure
March 6, 2024

Time:

**3:45PM
TO
4:30PM**

CLICK TO JOIN THE ZOOM MEETING

Passcode: AISCA



These sessions will be led by Dr. Hayley Watson, founder of Open Parachute and a clinical psychologist with a PhD in school bullying interventions, and 15 years of experience developing and delivering school well-being programs.