



Building Better Mental and Emotional Wellness

Facilitator(s):	Jennifer Pollard
Date:	August 24, 2018
Time:	1:00 am – 4:00 pm
Cost:	\$25.00
Location:	Edmonton (ERLC Office at Elmwood School) Room 17/18, 16325 - 83 Avenue
Session Code:	18-MH-318



Target Audience

All Teachers, Administrators, District Leaders

Also Recommended For

Educational Assistants, Parents, Counselors, Social Workers, Therapists and everyone helping to promote mental wellness, social-emotional learning and healthy relationships in children

About this Learning Opportunity

This half day session combines aspects of positive mental health while exploring the brain, mindfulness, emotion self-regulation, empathy and self-care through interactive & experiential activities. In this session, you will:

- become more familiar with activities and approaches that help us develop positive mental health and
- discuss ways to adopt habits and attitudes that help foster mental and emotional wellness both personally and in your work.

This learning opportunity is being provided through funding from Alberta Education.

About the Facilitator(s)

Jennifer Pollard is a prevention and health promotion consultant with AHS's Professional and Community Capacity Building team within Addictions and Mental Health. She has 8 years of experience in the delivery of addiction prevention and mental wellness programming in the Edmonton area. Jennifer has her Bachelor of Health Sciences (Addictions Counselling) and is also a Certified Tobacco Educator.