



## Building Better Mental and Emotional Wellness

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