

## SILA - De-Stressing During a Stressful Time

<b>Facilitator(s):</b>	Susan Mukanik
<b>Date:</b>	December 03, 2024
<b>Time:</b>	7:00 pm – 8:15 pm
<b>Cost:</b>	
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	25-PA-278

### Target Audience

Parents

### About this Learning Opportunity

December is a stressful time for many. Whether it is the emotional time of preparing for the holidays, to managing the excitement and/or disappointment of our children regarding gifts, to the reconnection of challenging relationships, DBT skills can help in all of those areas. Come learn some practical ways that you can reduce the stress that this time of year brings.

### About the Facilitator(s)

#### Susan Mukanik

Susan Mukanik (B.Ed'88) is an educator who taught FSL and English Language Arts in Alberta. Recently retired, she continues to pursue her interest in supporting those who suffer from mental health issues as well as teaching skills to caregivers struggling to support their loved ones. In her search, she found DBT skills which improved her relationship with her son who was diagnosed with Borderline Personality Disorder. Early on she recognized how valuable these skills would be for teachers within a classroom setting knowing that they would greatly improve interactions with students, parents, and other educators. Susan strongly believes that teachers who possess these skills will not only experience a transformation within their classroom, as well as in their personal lives. She is excited to share her knowledge with you.