

Strength-Based Approaches for Student Mental Health in the Elementary Classroom

**PRESENTED BY****Krystal Abrahamowicz****SERIES SESSIONS**

| Date | Time |
|-------------------|-------------------|
| February 28, 2018 | 1:00 PM - 4:00 PM |

**LOCATION****FFCA - Learning Centre - 110 - 7000
Railway St. SE****FEE****\$0.00****QUESTIONS?****Contact Us:****crc-register@arpcd.ab.ca
403-291-0967****REGISTER ONLINE****Visit our website to register:
crpcd.ab.ca**

Program

TARGET AUDIENCE: K - 6 TEACHERS AND EA'S ARE ENCOURAGED TO ATTEND

Strength-based approaches to supporting students are rooted in the belief that we all have areas of competency, that we're capable of learning and growing, and that we can all be involved in the process of our own growth. With a focus on growth and possibility, we move away from a deficit orientation and towards a place of co-constructing positive senses of self alongside the students we work with. Join this session to learn more about how you can build on strengths and promote strong senses of agency in the students that you work with to empower their independence, strengthen their mental health, and ignite their personal growth. Walk away with strategies you can use in your classrooms the next day!

We will explore:

- self-regulation
- growth mindset
- social emotional learning
- designing classroom routines that support the mental health needs of every student, every day

This learning opportunity is being offered through a mental health grant from Alberta Education.

Presenters

Krystal Abrahamowicz

is currently the Coordinator of Inclusion for Foundations for the Future Charter Academy. With extensive background and training in gifted education, and many years of experience supporting diverse learners, Krystal is a passionate believer that every student can experience success at school. Krystal has extensive experience with adult professional learning, serving as the Executive Director for the Calgary Regional Consortium (CRC) from 2019 - 2022. During her time with the CRC, she authored the *Supporting High School Completion a Tool Kit for Success* resource and had a key role in developing the Implementation and Planning Tool in the Government of Alberta Resource *Working Together to Support Mental Health in Alberta Schools*, as well as the ARPDC *Weaving Ways* resource which supports teachers in including Indigenous knowledge systems in their practice.



Providing Quality Professional Learning
Opportunities to K-12 Education Staff