



## Workshop series for Parents & Caregivers: Simple tools to help you support the mental and emotional wellbeing of your child

### Join us for a three part workshop series

**Alta Vista Public School 1349 Randall Avenue in Main Gym**

**Attend any or all - Child minding available - No registration required**

**CHEO MindMasters2  
Training for community  
parents**

**Thurs. Feb. 23rd, 2017  
7:00 - 9:00 pm**

MindMasters 2 is a free toolkit, developed by CHEO, for children from JK to Grade 3, to help children learn mindfulness, relaxation and positive thinking strategies. However, the tools can be modified for all ages. Learn about the toolkit (including the free app) and how you can integrate these strategies into your daily routine to help manage emotions and cope with stress. The presentation will feature a demonstration of the all new MindMasters 2 app for iPad

#### **Presenters:**

**Julia Kurzawa**  
Project coordinator for Mindmasters  
CHEO's Health Promotion and Injury Prevention Department.

#### **Poppy Desclouds**

Currently pursuing a PhD in human kinetics. Master of Human Kinetics (MHK), Certified as a Professional Member of the Canadian Sport Psychology Association (CSPA), Trained in Mental Health First Aid (MHFA).

**Mental Skills for Self-  
Regulation and  
Resilience**

**Thurs. Mar. 30, 2017  
7:00 - 9:00 pm**

This workshop will begin with an overview of mental skills training, including a brief explanation of how mental training for high performance can be applied in the elementary school setting and at home. The workshop will involve an in-depth exploration of self-regulation, with the goal of fostering optimal functioning, performance, and positive experiences in day-to-day activities. We will explore concepts and practical strategies that help nurture self-regulation and resilience, including gratitude, growth mindset, and enhanced self-awareness.

**Mental Skills for  
Dealing with Pressure,  
Stress and Fear**

**Thurs. May 11, 2017  
7:00 - 9:00 pm**

This workshop will explore mental skills for dealing with pressure, stress, and fear. You will be introduced to a simple 4-pillar model to help teach skills for fostering positive and productive thinking in the face of pressure, as well as using enhanced focus, relaxation, breathing, and mindfulness on a more regular basis. You will be able to use these at home with a little practice first in this workshop

**WE LOOK FORWARD  
TO SEEING YOU!  
PLEASE FEEL FREE TO INVITE YOUR  
FRIENDS!**

For more information *please contact*  
*Cheshmak Farhoumand-Sims:*  
[cheshmak@primus.ca](mailto:cheshmak@primus.ca)

or

*Catherine Griffin-Papic:*

[griffin\\_c2@hotmail.com](mailto:griffin_c2@hotmail.com)

**see our website**

[AltaVistaCouncil.com](http://AltaVistaCouncil.com)

