

WHF Mental Health Capacity Building Newsletter

Hello and happy November!

This month, we dove deeper into the brain and learned about Neurons. These are what make up the brain (also known as brain cells). We have trillions of these! Every time we learn something new, practice or even make mistakes, we make new neuron connections. This makes us smarter and builds our critical thinking skills.

Going forward, we will be learning more about how our brain and emotions are connected, and what happens when we are dysregulated.

If you have any questions, please don't hesitate to reach out. You can email me at kastyn.konieczny@eips.ca.

Stay Warm! ❄️😊

MHCB Classroom Updates - October

Hi Wes Hosford Families!

This month in our MHCB classes, we dove deeper into the brain and learned about Neurons. These are what make up the brain (also known as brain cells). We have trillions of these! Every time we learn something new, practice or even make mistakes, we make new neuron connections. This makes us smarter and builds our critical thinking skills.

Going forward, we will be learning more about how our brain and emotions are connected, and what happens when we are dysregulated.

This month we also had our first lunchtime drop-in "Mindful Art" group with Grade 6. It was a great opportunity for connection and practicing creativity!

If you have any questions, please don't hesitate to reach out. You can email me at kastyn.konieczny@eips.ca.

Strathcona County Family Resource Network (FRN) Updates - October

For caregivers of **Kindergarten to Grade 6** kiddos, we will be running

"No such thing as a bad kid"

What's it all about?-

Most parents may feel puzzled by their children's feelings and behaviours at some point in their parenting journey. Join us for a presentation that helps parents understand what's behind children's behaviours and learn how to support children with emotional and behavioural challenges.

[No Such Thing as a Bad Kid: For Parents and Caregivers, Tuesday, November 19, 2024, 5 - 6:30pm - Family and parenting supports | Strathcona County](#)

For parents with **kiddos from 12- 18 years**, we will be running

"Straight talk about teens"

What's it all about?-

Crossing the bridge from childhood to adulthood can be exciting and challenging for both teens and their caregivers. Join us for this online session based on Healthy Minds Healthy Kids Psychology Canada's publication "Straight Talk About Teens". Together, we will explore topics including:

- Adolescent Development
- The Teenage Brain
- Effective Communication
- Fair Discipline
- Managing Risky Behavior

[Straight Talk About Teens - For Parents and caregivers of youth ages 12 to 18 years, Thursday, November 21, 2024, 6:30 - 8pm - Family and parenting supports | Strathcona County](#)

Looking for something to do during fall break? FRN still has space in a couple of our unparented fall break programs. They are linked below:

Healthy Me - for children currently in Grades 3 & 4 - November 12, 13 and 14.

Description: Fuel your mind, move your body and connect with others. Learn new activities that can boost your mental health and well-being!

[Healthy Me - For children currently in Grades 3 & 4 - Nov 12, 13 and 14., Tuesday, November 12, 2024, 1 - 4pm - Family and parenting supports | Strathcona County](#)

Get Your Game On! - For children currently in Grades 5 and 6 - November 13 from 5-7 PM

Description: Join us for an exciting night as we snack, laugh, and challenge each other through fun minute-to-win-it games and activities!

[Get Your Game On! - For children currently in Grades 5 and 6, Wednesday, November 13, 2024, 5 - 7pm - Family and parenting supports | Strathcona County](#)

Kastyn Konieczny

Mental Health Capacity Builder

Wes Hosford Elementary School

M, Tu, W, Th Bi-weekly