

Check out these **NEW PROGRAMS**

Family Yoga

Family Calm Down Toolkit (Elementary)

Mindfulness

All offered online.

Email mhcb@brsd.ab.ca to register.

Family Yoga

Join register yoga instructor Carley Ritz on

Mondays at 3-3:40 PM

Appropriate for all ages and skill levels.

Register to join!



Family Calm Down Toolkit

Managing stress and big emotions can be hard, especially during this time.

Learn strategies together to help your child calm down. All materials included (pick-up in your school community once a week).

Session released each week on **Thursday.**

Go at your family's pace and complete weekly activities as it works for you!

Mindfulness

Learn about Mindfulness and practice to relieve stress, improve focus, and promote positive mental health.

Session released each week on **Thursday.**

Go at your family's pace and complete the session as it works for you.

Appropriate for students of all ages, as well as staff and students.

