

FREE Online Professional Development

Healthy Minds Healthy Children



Mental Health Online Resources for Educators

Archived Modules

Healthy Minds Healthy Children

Child and Adolescent Addiction, Mental Health and Psychiatry Program
of Alberta Health Services

- ⇒ Missed a module?
Find it here!
- ⇒ Short, manageable
presentations
- ⇒ ECS—Grade 12
Focused
- ⇒ No time limit to
complete



*Over 30 module
topics available!*

We provide evidence-based strategies to:

- ⇒ Support students
with mental health
issues
- ⇒ Identify and refer
students in need of
mental health
resources
- ⇒ Create positive
school environments

Register: www.hmhc.ca/more.html

Contact us at

Phone: 403-955-4648

email: hmhc@ahs.ca

Also Available

- Support for PD sessions
- 2017 Fall modules



SUNCOR ENERGY
FOUNDATION



Healthy Minds Healthy Children



Mental Health Online Resources for Educators

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- A New Look at Health Basics and Mental Health: The Latest Research on Sleep, Healthy Eating, Exercise and Student Performance
- A New Way of Looking At AD/HD: A Strength-Based Approach
- An Educator's Guide to Managing School Bullying
- Anxiety Revisited. An Encore Presentation of Anxiety - An Overview and Anxiety - Advanced Topics
- Babies to Big Kids: Brains are Based on Experience
- Concurrent Disorders: When Substance Use and Mental Illness Occur Together
- Creating a Learning Environment that Promotes Mental Health
- Cultural Diversity in the Classroom
- Cutting: What Every Teacher Needs to Know About Non-Suicidal Self-Injury
- Cyberbullying - Teachers Are At Risk Too
- Cyberbullying and What Teachers Can Do to Stop It
- Developing Emotional Regulation
- Everything you Need to Know About Childhood Depression But Were Afraid to Ask
- First Nations Education: Old Trails, New Trails
- Fostering Resiliency and a Growth Mindset in Students
- Grief Responses in Children and Adolescents
- Inclusive Education! How to Include Students with Mental Health Needs in the Regular Classroom.
- LGBTQ Youth and Mental Health
- Making a Person: How we Become Who we Are (Grade 1-9)
- Managing Challenging Behaviour
- Mindfulness in the Classroom
- Partnering with Parents: A Panel Shares Perspectives and Tips
- Promoting Empathy and Social Skills Development in Elementary School-Aged Students
- Promoting Healthy Relationships Through the Junior High School Years
- Put Your Own Mask on First: Strategies for the Overextended Teacher
- Selective Mutism: More than Just Shy
- Should I be Worried? Childhood Mental Health Concerns
- Strategies for Promoting Positive Behaviour in Classrooms
- Substance Abuse Prevention in the Classroom
- Supporting Positive Mental Health Through a Whole School Approach
- Supporting Students Impacted by Traumatic Stress
- Supporting Students with Autism Spectrum Disorder
- The Feeling Better Station
- The Impact of Learning Disabilities on Mental Health
- The Impact of Social Media on Children and Adolescents
- Understanding and Supporting Executive Function
- Understanding and Managing Children's Problematic Sexual Behaviour in School Settings (Gr. ECS—7)
- Unravelling the Mystery of the Teenage Brain: Understanding and Working with Junior High Students
- Video Games and Online Gaming: What's the Real Score?
- What Every Teacher needs to Know About How Boys And Girls Learn Differently

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