

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: 403-955-4642

email: hmhc@ahs.ca

Also Available

- **Support for PD sessions**
- **2018 Winter/Spring Modules**



SUNCOR ENERGY
FOUNDATION



Healthy Minds Healthy Children



Mental Health Online Resources for Educators

Archived Modules

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- Adverse Childhood Events (ACEs) and Resiliency: Trauma Need not mean a Negative Outcome
- 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
- Classroom Wellness 101: Tips, Tools and Strategies You Can Use Every Day (Available May 2018)
- Command and Control: Understanding the Role of Executive Function in Behaviour and Learning
- Concurrent Disorders: When Substance Use and Mental Illness Occur Together
- Creating a Learning Environment that Promotes Mental Health
- Cultural Diversity in the Classroom
- Curious about Cannabis? (Available June 2018)
- 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
- How to Grow Healthy Teen Girls
- Inclusive Education! How to Include Students with Mental Health Needs in the Regular Classroom.
- Keeping Up-to-Date and Safe Within the Online World: Online Strategies to Protect You and Your Students (Available June 2018)
- Kids Have Stress Too! Tools for Resilience
- 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 Self-Regulation in the Learning Environment
- Put Your Own Mask on First: Strategies for the Overextended Teacher
- Rubber or Glue? Technology and Child Development and What Sticks (and What Doesn't)
- 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
- Substance Use and the Developing Brain
- Supporting Positive Mental Health Through a Whole School Approach
- Supporting Students Impacted by Traumatic Stress
- Supporting Students Impacted by Traumatic Stress or Adverse Experiences
- Supporting Students with Autism Spectrum Disorder (ASD)
- Talking about Healthy Sexuality with Students
- Taming Teacher and Student Stress (Available March 2018)
- Teaching Respect in the Classroom
- The Impact of Learning Disabilities on Mental Health
- The Impact of Social Media on Children and Adolescents
- TIME for Transitions: Moving from Adolescence to Adulthood
- Understanding and Supporting Executive Function
- Understanding and Managing Children's Problematic Sexual Behaviour in School Settings
- Understanding Youth Substance Use
- Unravelling the Mystery of the Teenage Brain: Understanding and Working with Junior High Students
- Video Games and Online Gaming: What's the Real Score?
- Welcome to Canada: Supporting Immigrants and Refugees in the Classroom
- What Do You Need to Know About Eating Disorders? (Available April 2018)
- What Every Teacher needs to Know About How Boys And Girls Learn Differently
- When Students are Perfectionists
- Youth Medication Use, Misuse and Abuse (Available March 2018)

