

YOUTH MENTAL WELLNESS CONFERENCE - I'm Good

OCTOBER 7, 2021 from 9:15am-2:50pm

**MENTAL HEALTH AND WELLNESS CONFERENCE
OPEN TO YOUTH IN EDSON AND THE SURROUNDING
REGIONAL AREA. THIS CONFERENCE IS OPEN TO
YOUTH IN GRADES 6+, WITH TOPICS RANGING FROM
EMOTIONAL REGULATION, INTERNET AND SOCIAL
MEDIA SAFETY, AND SELF-GROWTH**



**MADE POSSIBLE BY
GRANT FUNDING FROM
THE RURAL MENTAL
HEALTH PROJECT AND
CANADIAN MENTAL
HEALTH ASSOCIATION**



**Edson
FCSS** Since 1966
Family & Community
Support Services

SESSION SCHEDULE

9:15-9:25am WELCOME

9:30-9:55am Naming & Taming the Stress
Monster, Part 1

10-10:55am Social Media Safety

11-11:55am Jack Talk-Mental Health 101

12pm LUNCH

12:30-12:55pm Box Thinking Challenge

1-1:55pm Managing Your Emotions

2-2:40pm Naming & Taming the Stress
Monster, Part 2

2:45pm CLOSING

*According to
our pre-survey*

96%

OF STUDENTS

*want to talk
about Mental
Health*

SESSION DESCRIPTIONS

NAMING & TAMING THE STRESS MONSTER

This two-part sixty-minute session will be all about stress. We will start by addressing some of the misconceptions about stress, such as all stress is bad stress. Next, we will look at the different kinds of stress we can experience and how they impact our body, brain, and behaviour. We will end the session on a positive note, discussing coping mechanisms and techniques to tame stress. There will also be time for a brief question and answer session at the end.

SOCIAL MEDIA SAFETY

In this presentation, we highlight the most popular apps and games and talk about the importance of good boundaries (especially online). We also discuss how technology has changed our interactions, the legal consequences for certain behaviours, and end with defining a 'digital footprint'.

MENTAL HEALTH 101

Jack Talks are mental health presentations delivered by young people to young people. Trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers. In light of COVID-19, Jack Talks are entirely virtual. As a new addition to the Jack Talks program, the Classroom Edition: Pre-Recorded uses peer-to-peer education to teach young people how to identify signs of struggle, how to look out for themselves and one another, and how to access support. We provide access to our online learning system, as well as support and materials to help educators and adults guide young people through the learning experience.

BOX THINKING CHALLENGE

As we do The Work of Byron Katie, not only do we remain alert to our stressful thoughts—the ones that cause all the anger, sadness, and frustration in our world—but we question them, and through that questioning the thoughts lose their power over us. Great spiritual texts describe the what—what it means to be free. The Work is the how. It shows you exactly how to identify and question any thought that would keep you from that freedom.

MANAGING YOUR EMOTIONS

Pretty much everyone would like to get better at handling their emotions. But how do you do that? Is it about getting better at controlling strong feelings? Learning to "think" your way out of bad feelings. No! In this workshop, Susan Hopkins, who was once herself a troubled teenager, will show you that the key is self-regulation: understanding how stress affects you and what to do about excess stress. Self-regulation is only partly about emotions. It's also about what's going on inside your body, the thinking and feeling parts of your brain, and your relationships with other people.



KENZIE MARCHANT

Public Educator at the Saffron Centre LTD.

Though she is new to the position, she had been actively volunteering with Saffron for a few years. Her background education is diploma of social work. Her passion and goal within her role at Saffron is prevention of sexual violence with a strong emphasis on education within her community.



BRIANNE BURRITT

Curriculum and Communication Consultant with Imagine Institute for Learning, Imagine Institute

Brianne is currently researching and developing professional development opportunities on the topic of psychological wellness in the workplace. Brianne was a junior and senior high teacher for over ten years before joining the Imagine team. She has taught English and Social, but her favourite subject to teach has always been psychology.



SADIA FAZELYAR

Student, BA in Media Production at Ryerson University

Growing up, mental health was never spoken about in her home or school. So, when she began to struggle with her mental health she noticed the lack of mental health education available for youth. That is when she began to advocate for improved mental health literacy across Canada for families and schools. She strives to normalize conversations about mental health to ensure that mental health is talked about safely and openly amongst everyone.



JONATHAN ANDREWS

Business Entrepreneurship Graduate, Georgian College

He's taken that education and deep passion for the art of public speaking to use his voice to help remove the stigma that continues to surround mental health. When he's not advocating for youth, you can find him writing poetry, gardening with his dad and searching for a dance floor to embarrass himself on.



SUSAN HOPKINS

Executive Director, The MEHRIT Centre CEO

A passionate advocate for children, families, schools and communities, Dr. Susan Hopkins is the Executive Director of The MEHRIT Centre. Over Susan's two decades of experience in education, she has worked in roles in the early years, K-12 and post-secondary across contexts from Italy to the Northwest Territories (NWT).

ATTENTION

REGISTRATION INFORMATION

Register by visiting edson.ca/fcss and follow the provided link OR Email Ali at alicjab@edson.ca

- Registration is open to schools in Edson and the surrounding region
- There is no fee to register for the 2021 Youth Mental Wellness Conference-I'm Good
- Schools/classes/students can participate for the duration of the day or for specific sessions only
- Schools/classes/students may tune in and out as desired
- Sessions will not be recorded

Contacts



ALI BRODA

*Local Rural Mental Health Project Animator
Community Development Coordinator, Edson FCSS*

Conference Organizer

Call: 780-723-8616 | 780-517-7055

Email: alicjab@edson.ca



KATERINA GIOVOS

*Rural Mental Health Project Partner
Edson BEST Coordinator*

Conference Facilitator

Email: kategiov@gypsd.ca

OTHER PERKS OF REGISTRATION

Local Edson classrooms will receive swag for participating in the Youth Mental Wellness Conference-I'm Good. Swag includes sweet unisex socks that were custom made specifically for the conference, magnets and stickers.

Local Edson classrooms/schools/students that commit to the full conference will receive a gift card towards a pizza lunch to use on conference day or another day that works for them. Number of students will be taken into consideration.

Cost Savings: Mental Health and Wellness Conference FREE to attend, estimated ticket valued at \$80-100 per student.

All student participants will be entered into a draw at the outset of the conference after participating in a survey for a chance to win sweet prizes including:

One Grande Prize (requires extra feedback to qualify): iPad, as well as several other prizes including Google Home products, Tablets, Instax cameras, hoverboards and more!

