

# Building in Learning Habits that Support Student Mental Health and Wellbeing gr 7-12 (After-school) - REPEAT



PRESENTED BY

**Krystal Abrahamowicz**

SERIES SESSIONS

Date	Time
April 20, 2021	4:00 PM - 5:00 PM



LOCATION

**Online**

FEE

**\$15.00**

QUESTIONS?

Contact Us:

[crc-register@arpc.ab.ca](mailto:crc-register@arpc.ab.ca)  
[403-291-0967](tel:403-291-0967)

REGISTER ONLINE

Visit our website to register:  
[crcpd.ab.ca](http://crcpd.ab.ca)

## Program

TARGET AUDIENCE: ALL GR 7-12 TEACHERS ARE ENCOURAGED TO ATTEND

Students learn best when they feel supported in their personal wellness and have tools to attend to their wellness needs as a part of their daily learning experience.

In this **interactive pre-recorded session**, we will:

- Think together about how to support Junior High students in their personal wellness as we design learning
- Learn and share effective strategies to support student mental health

How It Works:

On the day of the session, you will be emailed a link to the pre-recorded session. Plan to watch it from 4:00 – 5:00pm.

Others in the province will watch it at the same time as you. You will have the opportunity to use Jamboard and Google Docs to collaborate and share ideas with the other viewers.

The learning can continue after the session, too! You will have access to all of the collaboration tools for one month following the date of the session.

## Presenters

### Krystal Abrahamowicz

is currently the Coordinator of Inclusion for Foundations for the Future Charter Academy. With extensive background and training in gifted education, and many years of experience supporting diverse learners, Krystal is a passionate believer that every student can experience success at school. Krystal has extensive experience with adult professional learning, serving as the Executive Director for the Calgary Regional Consortium (CRC) from 2019 - 2022. During her time with the CRC, she authored the *Supporting High School Completion a Tool Kit for Success* resource and had a key role in developing the Implementation and Planning Tool in the Government of Alberta Resource *Working Together to Support Mental Health in Alberta Schools*, as well as the ARPDC *Weaving Ways* resource which supports teachers in including Indigenous knowledge systems in their practice.

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## Registration Notes

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Providing Quality Professional Learning  
Opportunities to K-12 Education Staff