



The best way to play™



Strengthening Children's Mental Health

TRAINING IS AVAILABLE IN YOUR AREA

What is it?

This one-day in-person training, developed in collaboration with Canadian Mental Health Association, Ontario, will help anyone running children's programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health including the impact of stress and environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

Who is it for?

Anyone running programs for children aged 6 to 12.

Why does it matter?

At the completion of this training, learners will be able to identify key concepts related to children's mental health, as well as strategies to help staff promote positive mental health and respond appropriately to children with challenges and/or mental health conditions.

Training Details:

DATE: Thursday June 8, 2017 **TIME:** 9:30am-4:40pm

WHERE: Porcupine Plain, Quilly Willy Place Meeting Room

FEE: \$30.00 (Lunch Included)

Must Pre Register by May 15, 2017 *Limited Space available

To register, please contact: Rita or Melanie (306)865-5644 /
(306)865- 5643 **OR** rrobertson@kthr.sk.ca; mejohnson@kthr.sk.ca

Training Delivered by:

Crystal Clarke

Community Development Coordinator

Lakeland District for Sport, Culture & Recreation

For further information about HIGH FIVE training visit
www.HIGHFIVE.org



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