

## **Merritt Bench Elementary is hosting Parent Engagement Sessions...and they are inviting you!**

Beginning this month, we will be offering information sessions/workshops for parents. The topics were identified in a recent parent survey completed by Merritt Bench families. We are working with a consortium of experts from Well Mind Counselling who will be facilitating these sessions/workshops on:

### **[Risky Behaviours—April 18th \(5 pm to 6 pm\) Library at Merritt Bench Elementary](#)**

RSVP: [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)

Part of being a child is pushing the boundaries and learning our place in the world, which includes some level of risky behaviors. But as a parent, how do we know when those risks are beyond the norm and something we need to address? In this presentation, we'll look at developmental stages and the risky behaviours that are common for each of these stages. We'll also discuss what we can and should do if the risks are outside of the norm.

### **[Supporting kiddos with mental health concerns—May 4th \(5 pm to 6 pm\) Merritt Central Elementary](#)**

RSVP: [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)

If your child struggles with ADHD, anxiety, OCD, depression or any other mental health disorder, this presentation will help you learn to support them. We'll discuss some of the foundations of mental health in kiddos and how that can be presented differently in children than it does in adults. We'll look at co-regulation techniques you can use with your child to help them better manage whatever they are going through. Lastly, we'll look at some of the things you can do support yourself, so that you are better equipped to be there for your child.

### **[Exploring family fun and outdoor activities—May 10<sup>th</sup> \(6 pm to 7:30 pm\) Outside Field Areas of Merritt Bench Elementary.](#)**

RSVP: [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)

The staff at Bench will offer a session for families and explore a variety of fun filled activities that your family can engage in together—taking time away from screens and some time connecting with your loved ones. This session will take place outside in the field areas of our school. You will leave this session with some fantastic ideas.

### **[Loss, Change and Transition—May 17th \(5pm to 6 pm\) Diamond Vale Elementary](#)**

RSVP: [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)

Whether someone passes away, a family structure changes or it's a big move, loss, change, and transition are events that all children experience at some point in their life.

In this presentation, we will go through the key factors that build resilience, seeing how we can apply each of these to your child's life to help them manage through the tough times. For each factor, we'll offer some clear techniques or tools you could try out and we'll also help you brainstorm what that could look like with your individual child.

**Body Image—June 7th (5pm to 6pm) Location: Merritt Bench**

RSVP: [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)

Recent statistics have found that anywhere between 52-79% of children as young as 6 years worry about how they look. 35% of these kids experience strong worry because of their appearance. This presentation will focus on supporting our kids in building strong relationships with their bodies. We'll also discuss some of the common signs that suggest you may want to get your child extra support, or signs that they have an unhealthy relationship with food.

Please note that this conversation will not just center on girls, and we also strongly welcome parents with boys to attend.

**Identity—June 22nd (5pm to 6 pm) Location: Merritt Central Elementary**

RSVP: [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)

Many parents have worries and concerns about their child's exploration of their personal identity. We'll begin our conversation defining some terms to get on the same page, and then talk about best practices around personal identity. We'll discuss the concerns that you may have and discuss some age-appropriate ways to discuss and explore personal identity with your children.

The sessions will take place in person. Snacks, coffee, or tea will be provided for those who join us in person. Due to the nature of the sessions and the need to prepare food, **we will be asking parents to confirm their interest in attending by rsvp'ing to Mrs. Klassen at [vklassen@365.sd58.bc.ca](mailto:vklassen@365.sd58.bc.ca)**

We hope you find these sessions helpful and informative!