

MHM18-169 Mental Health 101: Who, What, Where, When and Why?-Invite Only

**PRESENTED BY****Ariel Haubrich****SERIES SESSIONS**

Date	Time
March 12, 2018	8:30 AM - 1:30 PM

**LOCATION****Ashmont School - Box 300****FEE****\$0.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

Program

Throughout our day together we'll explore the continuum of mental health through to mental illness and the unique dynamics each have in our schools, communities and systems. We'll look at the supports available to us as we provide timely, effective and appropriate assistance and learn the various levels of intervention, the systems responsible for them, and the types of activities and strategies they employ. We will define and discuss the important roles we play, what our responsibilities and boundaries are within them, and how to care for ourselves and each other as we take them on. Finally, we'll integrate all of the above with a more in depth look at ourselves and our students. Using research, reality, humor and a few life-hacks, we'll learn how our minds work when they're well and when they're not, and how this affects the behaviors, decisions, feelings and beliefs of our students and ourselves.

Presenters

Ariel Haubrich

Ariel Haubrich works in school & community mental health as a counsellor and program manager, and as a consultant, presenter and private practitioner with government, businesses, teams, and individuals working toward personal and organizational development. She is a Certified Professional Counsellor and a registered member of the Association of Counselling Therapy of Alberta with a master's degree in Educational Psychology. Ariel has almost 20 years of experience as a counsellor and programming coordinator in school & community systems and has been involved in developing and leading school division projects, crisis response teams, and program initiatives. She has written several journal and interest articles on various school mental health topics, and enjoys providing training, presentations, and workshops provincially, nationally, and internationally. Ariel loves yoga and reading to “mind her mind,” and the rewards that collaboration and connection can bring to our

lives and our teams. For more information on Ariel and her sessions, please visit www.knowledge-power.ca
