

Supporting Student Mental Wellness

A Mental Health Literacy Workshop-November 15th



When it comes to supporting child and youth mental wellness, improvements in mental health literacy can have a number of benefits including prevention, early recognition and intervention, and the reduction of stigma and discrimination.

Join us on **November 15th, 2016** for an informational workshop on supporting youth mental wellness. This session is designed for parents, youth and community members and will be held on *November 15, 2016 from 6:30 pm to 8:00 pm in the Lecture Hall (Room 250) at the College of the Rockies in Cranbrook. Please call 250-417-2052 to register(seating capacity 124).*

The workshop will be delivered by members of the Health Literacy Team and the Kelty Mental Health Resource Centre at BC Children's Hospital. The [Kelty Mental Health Resource Centre](#) has a variety of resources and services available to help support educators and promote student mental wellness.

The workshop will include:

- An introduction to talking about mental health
- Exploration of the [Stop Wondering, Start Knowing School Video Resource](#)
- Resources for supporting students experiencing mental health challenges
- Strategies for promoting overall wellness