

## Learning to THRIVE with our Students!



PRESENTED BY

**Jill Mitchell & Saara Ehalt**



SERIES SESSIONS

Date	Time
October 04, 2024	9:00 AM - 3:00 PM



LOCATION

**Camp Connect - 7116 AB-68**

**FEE**

**\$55.00**

**QUESTIONS?**

**Contact Us:**

[calgary@aplc.ca](mailto:calgary@aplc.ca)  
[403-291-0967](tel:403-291-0967)

**REGISTER ONLINE**

Visit our website to register:

[calgary.aplc.ca](https://calgary.aplc.ca)

### Learning Opportunity

Target Audience: Gr 5-12 administrators, instructional leaders and teachers are encouraged to attend.

Join Saara and Jill at Camp Connect in Kananaskis, where we'll explore practical and creative ways to support positive mental health in your students. During the day, you'll immerse yourself in a 'Thrive' day—a dedicated mental wellness experience. Through hands-on outdoor activities, we'll delve into self-awareness, emotional management, and resilience strategies. Spend the entire day outdoors, experiencing firsthand the essence of a Thrive day and learning how to implement your own 'Thrive' experiences with your students. Discover the profound impact of nature on mental well-being.

### Presenters

#### **Jill Mitchell**

Jill Mitchell has been a teacher for 18 years and most recently a health and wellness coach for her school division. Currently on a professional improvement leave, Jill is working on her Master's in supporting children's mental health and was a wellness facilitator on a mental health project entitled "Thrive" with Calgary Connect Charter School and Calgary Arts Academy.

#### **Saara Ehalt**

Saara Ehalt has been teaching physical education and wellness since 2010, has completed a master's program in Sport Science and Wellness, and is passionate about the outdoors. Alongside teaching, she has been involved in a range of school-wide initiatives to promote students' active lifestyles and well-being. Currently, she is working at the Connect Charter School as a Mental Wellness Coordinator.

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## Registration Notes

Lunch is NOT included.

Located on the north side of Sibbald Lake. When you arrive at the 4-way intersection at Sibbald Lake, turn left, and follow the road (at the first parking lot, continue through the metal gate).



Supporting every educator  
in every classroom