

## EASE Training:

Our District Resource Counsellors, Casey Chaulk and Jen Poole, will be facilitating an EASE 'At Home' session for Parents and Caregivers that are part of the Surrey Blended model. We ask all admin and colleagues to communicate this information out to parents. Details of the live event are as follows:

**Date** – Friday, January 15<sup>th</sup>

**Time** – 1:00 to 2:30 pm

**Facilitators** – Casey Chaulk and Jen Poole

**Details** - EASE 'At Home' (for Parents and Caregivers)

*In response to the COVID-19 pandemic, the Ministry of Children and Family Development adapted some of the EASE classroom activities for use at home by parents and caregivers to support their children's mental health and continuous learning. These fun and practical strategies help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond. Jen Poole, Casey Chaulk and Taunya Shaw are district EASE trainers and will teach you how to access the EASE 'At Home' resource, help understand the theory behind it and also gain some understanding of anxiety. You can join the live event [here](#).*

Please note that the session will be recorded so that, should you choose, it can be shared through school communications and at PAC meetings.

What is EASE? - **E**veryday **A**nxiety **S**trategies for **E**ducators is a collection of school-based, evidence informed, anxiety management and resilience-building resources for use by educators with B.C. students in grades K-7. EASE helps educators teach students strategies to address the thoughts, feelings and behaviours associated with anxiety, while also supporting social and emotional learning and mental health literacy of educators through a professional development course.

EASE was developed in 2019 by the B.C. Ministry of Children and Family Development (MCFD) in collaboration with [Anxiety Canada](#) and includes extensive feedback and insight from B.C. educators and experts in the field of childhood anxiety.

Find more information at [Healthy Minds BC](#)