

# MHCB at home Learning opportunities for students and families through Zoom. ~we are in this together~

1

Learn self regulation & anxiety coping strategies

Let's try Relaxation using MindUp strategies

2

3

Learn how to deal with BIG feelings at this challenging time with the Kimochis Program

Let's move our bodies to strengthen our brains & increase our mental health with drum fit, BOKS bursts and lots of other movement activities

4

Learn the benefits of gratitude through journaling. (Supplies provided)

5

call Cherie to learn how your child or your family can be part of our Zoom programs. .  
we'd love to hear from you.  
587 590 4033