

The Department of Education, Culture and Employment and the NWT Education Renewal initiative is partnering with The Mehrit Centre, to provide parents and educators a rich opportunity to review and discuss self-regulation resources and promising practices to better understand the challenges children and youth may experience.

# NWT

# Self-Regulation Book Club

**TUESDAY**  
**EACH MONTH**  
via **WEBINAR**  
**3:45-4:45PM**

**2015 - 2016**

Oct.13 • Nov.10

Dec.8 • Jan. 12

Feb. 9 • Mar. 1

Apr. 12 • May 10

May 31

## Each Month We Will:

- Review a chapter
- Look at case studies and resources
- Discuss strategies for students, parents and educators
- Have a question-and-answer session



Email: [nwtedrenewal@gov.nt.ca](mailto:nwtedrenewal@gov.nt.ca)

Join the discussion on Facebook:

NWT Education Renewal

#nwtedrenewal  
#iteachnorth



Northwest Territories Education, Culture and Employment

Starting October 13th:

## Well Aware

Developing Resilient, **Active**  
and **Flourishing** Students

by Patrick Carney, Ph.D



### Table of Contents:

1. A Culture of Positive Mental Health
2. A Whole-School Whole-Community Approach
3. A Social-Emotional Learning Approach
4. A Strengths-Based Approach
5. Resilient, Active and Flourishing
6. What About Me? Educator Well-Being

*Well Aware* provides educators with foundational knowledge that moves the reader beyond the idea of mental health as 'illness' towards the fundamental importance of 'wellness.' The book highlights that staff do not have to be trained clinicians to help a child flourish. In fact, a positive school culture, "compassion, inclusion, encouragement, and effect instruction" are all preventative strategies that can work to protect our youth from becoming the 'one in five statistic' impacted by mental health issues across Canada.

*\*You Do Not Need a Book to Participate*

## How to Participate:

### Step 1: REGISTER

Contact the facilitator Paula Jurczak, with your name, school and region.

Email: [srbc@uniserve.com](mailto:srbc@uniserve.com) and cc: [Gillian\\_Dawe-Taylor@gov.nt.ca](mailto:Gillian_Dawe-Taylor@gov.nt.ca)

Please put in the Subject Line: NWT Book Club. **Please register by Sept. 29th.**

### Step 2: SET UP

Prepare to join by using a home or school computer with an Internet connection, and a telephone that can make 1-800 calls. Once you are registered, an email will be sent to you with a link to the GoToMeeting webinar.

NOTE: If you use a school computer you will need "Download and Install Privileges" (ask your IT person for that privilege).

### Step 3: TEST

On October 6th, from 3:45-4:00pm there will be a test run to ensure the GoToMeeting webinar will run smoothly. It is recommended that you test your setup at that time to enable a smooth Book Club start on Oct.13th.