



Parents, Community Members & CES/CHS Staff

KEY CONNECTIONS
CONSULTING INC.

Friday, March 16



12:00-2:00 Sensory Regulation

Participants will be introduced to the Alert Program and its concepts (IE. being a detective, engine changers through the mouth, move, touch, look and listen, sensory diet) and learn the importance of heavy work breaks, ways of adapting the environment and tools for helping children with sensory issues cope with their sensory environment.

2:00-4:00 Using Visual Supports

This workshop will provide participants with practical information relaying how visuals can be incorporated as a learning tool with all individuals and across environments (IE. school, workplace, community, home).

Friday, April 20

12:00-2:00 - Anxiety - Understanding the Roots of Anxiety and Practical Strategies to Help

Participants will be provided with an overview of anxiety (causes, symptoms, and functions). They will also be provided with concrete strategies they can start to integrate into their practice to help support individuals in utilizing anxiety in more adaptive manners both in and out of the school setting.

2:00-4:00 Autism

Autism Spectrum Disorder can cause significant challenges for individuals and families in their daily lives. This workshop will provide participants with a basic understanding of the features of this disorder, simple strategies to positively support individuals and families with behavioural, communication, regulation, self-help, and socialization challenges.

**Sponsored through a
Community Initiatives
grant from:**



To register : contact your child's teacher or phone
Coalhurst Elementary School @ 403-381-3330.