

Mental Health Session

Date	October 6, 2023
Length	2 Hours
Topic	"Mental Health and Well-Being: Creating a Trauma informed Classroom and School".
Entity Hosting	Niagara Catholic DSB
Location:	Holy Cross Secondary School
Presenter(s)/Facilitator(s)	Mental Health Team/Social Workers
Description: Niagara Catholic's Mental Health Team will lead a half-day session for all Secondary teachers focused on mental health and well-being. They will focus on creating trauma-informed classrooms and schools, in alignment with the Board's Mental Health and Well-Being Strategy. All teachers will learn about the impact of trauma on the brain, and how it impacts our student learning. In this session, educators will explore how to create trauma-informed spaces for all students, including the use of practical strategies for the classroom. The team will also explore how to ensure students can demonstrate help-seeking behaviors and identify community and local resources for support.	