



School District No. 60

Learning Services

PEACE RIVER NORTH

10114 – 105 Avenue, Fort St. John, British Columbia V1J 4S4 Phone: (250) 262-6098 Fax: (250) 785-2269

TO: K-7 Teachers, Principals & Vice-Principals

FROM: Charmaine Chretien, District Principal of Curriculum & Assessment

DATE: April 16, 2019

RE: EASE: Everyday Anxiety Strategies for Educators
Optional Training Opportunity

“EASE was developed through a partnership between the Ministry of Children and Family Development and Anxiety Canada. It aligns with the B.C. Government’s cross-ministry commitment to support evidence-based school mental health practices.

EASE uses cognitive behavioural strategies to address the thoughts, feelings and behaviours associated with anxiety. Classroom activities are aimed at increasing the emotional health and resiliency of all children and are designed to be delivered by classroom teachers, but can be adapted for use by school counsellors, administrators and support staff.” (Ministry of Ed)

The district is offering an optional one-day EASE training session for any K-7 Classroom teacher. Please note that teachers in the district who have completed the FRIENDS training within the last three years and have already received a USB with the new EASE resources are not the target audience for this session. K-7 teachers without previous FRIENDS training within the last three years and who will be employed in the district for the 2019-20 school year are the target audience.

We are offering the training on a Saturday with compensation to those who attend the entire 5 hour session. Registration is limited to 25 teachers and a wait-list will be created if needed. Teachers who participate in this training will be contacted in the fall to provide feedback regarding their experiences with the resources.

Bev Baker is our EASE district contact & trainer and will be hosting the training session.

**Date of EASE Session: May 11, 2019 , at Learning Services in the District
Development Centre from 9am - 3pm.**

To sign up, please email bbaker@prn.bc.ca. Registration is on a first come first served basis. Questions about the training can be directed to Bev Baker. Please sign up no later than April 30, 2019. Confirmation of registration will be sent via email once registration is complete.

