

# January Cougar News

Happy New Year

## STRENGTHENING RESILIENCE DURING AND AFTER A CRISIS

As the COVID-19 pandemic continues to close off many families from the outside world, a tremendous strain is being placed on our children's mental health. Based on his research with youth, Dr. Ungar will discuss 12 factors young people need to both survive and thrive during this pandemic. Dr. Ungar will show that resilience is much more than a child's personal capacity to overcome adversity but is a reflection on how well families, schools, service providers and communities work together. His presentation will end with 4 strategies we can teach children that can help them cope better with the ever-changing world.

**JANUARY 14, 2021**  
**6:30pm to 8:30pm**

**\*Workshop to take place over Zoom\***  
**FREE OF CHARGE**

To register, please contact Drayton Valley & District FCSS at (780)514-2204 or by email: [fcss@draytonvalley.ca](mailto:fcss@draytonvalley.ca)

Registration Deadline: Monday, January 11, 2021

PRESENTER: Michael Unger, Ph.D.  
Canada Research Chair in Child,  
Family and Community Resilience  
Director, Resilience Research Centre  
Professor Social Work, Dalhousie University  
AAMFT Clinical Supervisor  
Registered Social Worker



### WRSD Survey

<https://www.wrsd.ca/..../news/post/we-want-to-hear-from-you>

### Important Dates

**Jan. 11** - In person classes resume

**Jan. 27** - End of semester 1

**Jan. 28** -PD Day

**Jan. 29** -PD Day

**Feb. 1** - Report Cards go home

If you would like to receive our newsletter electronically, please ensure we have your email address. We will have it online on our website <http://bretonhs.wrsd.ca>

## ANNOUNCING



Breton FCSS is excited to announce that we are offering this FREE Online Course to any parents, grandparents, caregivers, and anyone that works with kids.

Please contact Breton FCSS at [fcss@breton.ca](mailto:fcss@breton.ca) or 780-696-3636 for more information.

**PE - Students will be skating once they return so dig out those skates and helmets now!**

**Thank you to Plains Midstream for their donation to an area of need due to Covid Restrictions**

ASAA has extended the F 🍌 all season so for Jr. & Sr. practices to begin March 1st