

Special Education: Everyday Anxiety Strategies for Educators (EASE)

Virtual Workshops

The First Nations Education Steering Committee and First Nations Schools Association are offering a number of professional development workshops designed specifically for First Nation schools' staff in British Columbia. For all other SEP related professional development, please check the events page <http://www.fnsa.ca/upcoming-events> .

EASE (Everyday Anxiety Strategies for Educators) is sponsored and co-developed by the Ministry of Children and Families and Anxiety Canada.

EASE is a collection of evidence-informed anxiety prevention and resilience building resources for use with students in Grades K-7. These stand-alone resources align with B.C. curriculum and each lesson is linked to the Core Competencies, as well as the Physical Health and Education Learning Standards. They are designed to benefit all children by fitting into existing classroom routines and practices.

This workshop will require a combination of guided facilitation and self-paced computer work. All participants must attend the pre and post sessions before gaining access to the online component.

Registration

Register in advance for one set of workshops:

February 16 & 23, 2021 [EASE session 1a/b](#)

April 13 & 20, 2021 [EASE session 2a/b](#)

After registering, you will receive a confirmation email containing information about how to join the Zoom meeting.

Contact

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sep@fnesc.ca Toll-free 1-877-422-3672

Eligibility

All staff including principals, teachers, and educational assistants in First Nation schools in BC are eligible to attend. Advance registration is required.

Schedule

3:00 p.m. – 4:00 pm

Meeting Materials

A meeting kit and agenda will be emailed to participants in advance of the event.

Presenter

Dean Heald, Behaviour Coach, FNESC

Technical Details

If you have any technical questions about how to join, please contact us for assistance.

