**AAFSLW Conference Presenters – Breakout Sessions**

Hospice Calgary – Laura Coatsworth – Child and Family Grief Counselor

 Laura will provide activities geared towards students in kindergarten

 to grade 12 – this session will be offered at two different times with

 the first breakout session for K – grade 6 – next session – Gr. 7- 12.

Serena Smygwaty – Registered Psychologist for Golden Hills School Division

 Serena will present on “Demystifying Executive Functioning Difficulties”

 Learn the brain science behind executive functioning and acquire

 Practical, evidence based strategies for supporting students in school.

Calgary Counseling Center – Cathy Keough, MSW, RSW

 Cathy will present on Feedback Informed Treatment (FIT). Will explore

 the strategies, processes and tools that can be used to get better

 client outcomes.

Lori Helfenbaum, MSW, RSW – Registered social worker and clinical therapist.

 Lori will present on – “Are you interested in Narrative ideas and how they

 may apply to your day-to-day work and interactions?”

Deb Hinds-Nunziata – Registered Psychologist – Golden Hills School Division

 Deb will present on Brain Health 101 – everyone knows that proper sleep,

 nutrition, and exercise are essential for good physical health – but what

 about your mental health?

Charlotte Yellow Horn-McLeod – Aboriginal Coordinator –Aspen Family Network

 Charlotte incorporates many Indigenous practices and activities in her

 work. For this session she will present on “The Medicine Wheel”.

Rocky Mountain Play Therapy – Ken Gardner, MSc. R Psych (CPT-S)

 Ken will present “Playful approaches for addressing anxiety” – how to

 bring up feelings – how to work along various levels of awareness.

Joanne Simpson – Addiction and Mental Health (AHS) – Certified HeartMath Instructor

 Joanne will introduce the HeartMath system of breathing techniques and

 heart rate variability tool than can help manage life’s challenges and

 improve overall health, emotional wellness and resilience.

Dr. Joan Besant – Child/Adolescent Psychiatrist – Calgary, Ab.

 Dr. Besant will present on Anxiety- most common of all mental health

 disorders – she will help us understand how to differentiate mental

 distress from a mental disorder- provide strategies using a systems

 perspective that considers the importance of helping adults in the

 student’s environment.