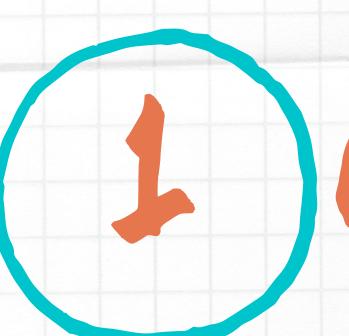
MHCB at home learning opportunities for students and families through Zoom. we are in this together~



learn self regulation & anxietycoping strategies

Let's try
Relaxation using
MindUp strategies





learn how to deal with BIG feelings at this challenging time with the Kimochis Program

Let's move our bodies to strengthen our brains & increase our mental health with drum fit, BOKS bursts and lots of other movement activities





Mental Health
Capacity Building



Learn the benefits of gratitude through journaling. (Supplies provided)

call Cherie to Learn how your child or your family can be part of our Zoom programs. .

We'd Love to hear from you.

587 590 4033