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January

# FSLW NEWSLETTER

2022

**Annunciation Catholic Elementary School**

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## Hello!

My name is Sarah, I am a Family School Liaison Worker with Edmonton Catholic Schools. My job is to help students and families connect to resources at school and in the community.

There are a variety of areas I can assist with, including:

- Student mental health & wellness
- Parenting education & support
- Resource connection & information on activities in your local community
- Amongst many other things!



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Ms. Sarah (She/Her)

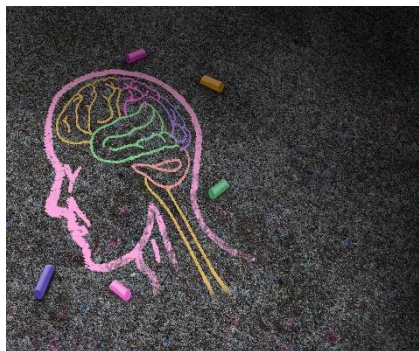
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## What's Going On In the Community?

### Children, Youth & Families Caregiver Education



- One of the programs I would like to highlight this month is Support, Education, and Engagement Drop-In Series (SEEDS).
- This program is offered **FREE** through Alberta Health Services, in partnership with the Mental Health Foundation.
- Programming is 90 minutes online with a focus on educating caregivers to **strengthen their parenting skills, address parenting challenges, and to support children's healthy social and emotional development.**
- This is a seven part series occurring on Thursday evenings from 6:00-7:30pm.
- Registration is online at [https://www.cyfcaregivereducation.ca/virtual-education/seeds-registration\\_1](https://www.cyfcaregivereducation.ca/virtual-education/seeds-registration_1)

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*Keep an eye out for more resources to come each month.*