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*We're helping you build mental health resilience by fostering supportive, validating, and respectful environments*

## → The SILA Skills Connector ←

May, 2024

Hi <<First Name>>,

Welcome to May! Fellow educators, you're on the home stretch - **how are you holding up?** If you've attended a [Transforming Classrooms Workshop](#), we hope the skills learned are helping you finish the year on a strong note. **We believe they can make a difference.** We live it and those who have taken the workshop share that truth as well as you can see below...

*"This was a very valuable Professional Development opportunity. I began to put into practice what I learned from the very first session and kept on adding as the sessions continued. The benefits were for my students but also for myself. Thank you."*

As May marks **Mental Health Awareness** month, we understand that the influx of emails, messages, and posts on this topic can sometimes feel overwhelming. However, let's remember that mental health awareness is something we can **prioritize every day**, both for ourselves and those around us.

May also holds a special place for SILA Skills as we prepare for [Tom's Walk](#) on May 26. This annual memorial walk honors Tom, who tragically lost his battle with mental illness in 2018. Tom's Walk, held in Devon, Alberta, is a time for us to come together, support those struggling with their mental health, share

resources, and remember those we've lost in a meaningful way. Your participation, whether in person or virtually, helps us continue our mission at **SILA Skills**. Your **donations**, either through [our website](#) or [Tom's Walk](#), **are deeply appreciated and vital for our non-profit organization's growth**.

Don't forget to check out our latest blog post on being Mindful in May, details about online sessions through ERLC, our newest Quick Skill, and a sneak peek at upcoming summer and fall sessions.

Thank you for being a part of our community and for your ongoing support. Together, we can make a difference in promoting mental health awareness and providing valuable skills to individuals across Canada.

**Thank you for being a part of our community.** 🤝

Keep reading below, I'm sure you will find it worth your time.

Warm regards,

Kelly Maxwell  
for The SILA Skills Team

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## 💡 May Blog Post 💡



### Approaching May Mindfully

Since May is Mental Health Awareness month, it is important to take a moment to be intentionally mindful. This post addresses some common misconceptions about mindfulness and offers a helpful skill that I have personally found beneficial. Check it out [here](#).

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☀️ May 26, 2024 ☀️



Tom's Walk is more than just a walk; it's a heartfelt journey that began in 2018, a mere six weeks after we lost Tom to his battle with mental illness. Every May since then, this annual memorial event has brought us together. By 2024, it blossomed into the Tom's Walk for Mental Health Society, a non-profit close to our hearts. This walk isn't just about mental health challenges; it's a safe space to share our stories and support each other. It's where all of us with a similar experience can honour our loved ones' memories and hear their names spoken. Our goal is simple: to share resources, ignite hope, and raise funds for The SILA Skills Group, which conducts workshops and training to build resilience and create connections. We invite you to donate, walk with us, share your story, and be part of this supportive community.



New color this year!!

[Purchase shirts here](#)

## Tom's Walk T-Shirts

Tom had a dream of starting a t-shirt company with his art and special messages that bring encouragement to anyone he came in contact with. We are fulfilling his dream by using his art, surrounded by Tom's Walk 3 core messages: One Love (his passion was to treat all with love and kindness); You Matter (he wanted everyone to know they were important) and Reconnect (living in a disconnected world was so hard for him). Celebrate with us by purchasing a t-shirt and take a picture of you and your loved ones doing your own Tom's Walk in your community or join us in Devon on May 26!!

## Summer and Fall Workshop Dates

Summer is a great time to take a moment to focus on building resilience and create connections through a SILA Skills workshop.

We are hosting a **unique opportunity** this year.


**Register for either day for \$150 or both for \$250.**

**Unlock the Power of Emotional Mastery with SILA Skills! Friday, August 16**

**Elevate Your Interactions with Crucial Skills! August 23**

 **Fall workshop dates are posted as well!** 

Workshops **start in October** and are a great professional development activity to add to your calendar and Professional Growth Plan this upcoming school year!

Learn more about both of these opportunities at the link below. 

Workshop Dates and Registration Link.

## 1 hour sessions hosted by ERLC!

Here is a short [tutorial video](#) to explain how to register.



May is Mental Health Month, Hats on to Mental Health Day, Mother's Day and our first long weekend! It is a busy month! How can we learn how to approach these, and other days all year-long, with more purpose and intentionality? Learning mindfulness skills that are taught in DBT can be extremely valuable in creating less chaos in our minds and relationships. Interested? Join Kelly for a time of effective practice and learn some practical skills [Register HERE](#)

Are you drained from working with emotionally dysregulated individuals? Do terms like manipulative, narcissistic, and controlling echo in your mind, leaving you feeling defeated? It's time to break free from this exhausting cycle. In this enlightening session, we'll explore a different path. We'll delve into the nuanced concepts of boundaries and limits, unraveling their true meaning and unveiling their transformative power. Discover how relationship mindfulness can breathe new life into your interactions, fostering understanding and restoration. No longer trapped in a losing battle, let's embark on a journey of empowerment and create a healthier, harmonious environment. Together, we can transform the way we navigate

[Register HERE](#)

**You are welcome to attend any session.  
You do not have to be a teacher OR  
live in Alberta to attend.**

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## ✨ Skills In Action ✨



Get ready to boost your skills with SILA Skills! **Skills in Action** (or **SIA**) is a fun monthly event where you'll interact with other SILA Skills alumni and one of our facilitators. And guess what? **May session is just around the corner!** To get your exclusive link, check out your email as an invitation was sent yesterday! We have a **theme each month** and this month's theme is **Radical Acceptance**. Be sure to enrich your learning journey with this month's SIA session.

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## 👉 Quick Skill for Today 👉

### **Mindfulness!**

If you have spent any time with a facilitator with SILA Skills, you will have heard about mindfulness! If you've read the blog post for this month, you will have recognized that this term can

### **A mindfulness video from Rosanna...**

our world today.

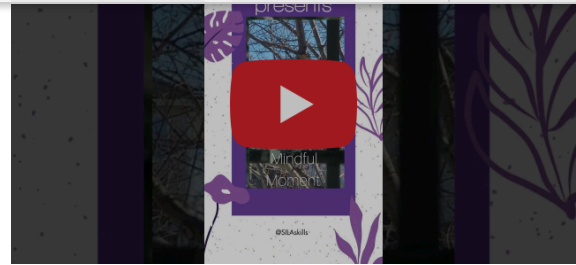
**Remember, mindfulness is**

**Paying attention to one thing/person at a time.**

**Notice when your thoughts wander.**

**Bring your attention back.**

**All without judgement.**



We have more mindfulness videos on our [YouTube page](#). Being mindful is a gift to yourself and others. We trust this brings you joy.

Stay skillful!

♥ Kelly

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### Stay in touch - Follow us on...



**SILA Skills**  
SKILLS IN LIFE FOR ALL

The SILA Skills Group is a Canadian federally incorporated, not-for-profit corporation that believes in building mental health resilience by fostering supportive, validating, and respectful environments.

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