

[View this email in your browser](#)



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

🍀 The SILA Skills Connector 🍀

March, 2024

Hi <<First Name>>,

Can you believe **it's already March**? Time seems to be flying by, doesn't it? February was a whirlwind of activity for me as I had the pleasure of sharing SILA Skills at 5 different teachers' conventions! If you stopped by to say hi at **NCTCA, ASICA, SWATCA, CATCA, or GETCA, thank you for making those events even more special.** I can't help but wonder which conventions I'll get to attend next year! The possibilities are exciting. 🌟

As we dive into March, the momentum continues with **two PD sessions** for Black Gold School Division EAs on **March 11**, the **March SIA - Skills In Action** session on **March 13**, our **upcoming Spring Workshops starting on March 15**, and our **brand new addition - one-hour sessions hosted on ERLC's platform.** We have sessions tailored for parents as well as those working in education. **Be sure to check them out below and register today! They're free and open to anyone with the link!** We have more to share next month!

Our amazing facilitator, **Susan Mukanik**, will be sharing some **Quick Skills** with you this month. Her passion for these skills is truly inspiring, and she is eager to hear your feedback on her insights.

Oh, and let's not forget about the blog post! Writing these posts is a joy for me as I imagine you **reading** them, **connecting** with the stories, and hopefully **finding some inspiration** along the way. This month's post is a reflection on the journey of learning these valuable skills and feeling grateful for the lessons learned. **I hope it resonates with you!**

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

March Blog Post



🍀 Feeling Lucky 🍀

Do you feel lucky to be you? Is your world exactly how you would envision it? Mine sure has had its surprises. I share a bit about them and how I came to learn DBT skills and how lucky I am to share them with you! I hope you enjoy reading it [here](#).

Spring Workshop Dates

☀️ March - May 2024 ☀️

One of the unique aspects of the SILA Skills workshops is that we offer 3 different times for the same workshop to accommodate your busy schedule! **Choose the [Transforming Classrooms](#) workshop that works for you!**

2 Fridays, March 15 and April 12 ~ 8:30am - 3:00pm MST

4 Part

1 Friday and 3 Wednesdays - March 15 (8:30am - 3:00pm),
April 24, May 1, 8 (4:30 - 6:30pm) MST

6 Part

6 Wednesdays - April 3, 10, 17, 24, May 1, 8 ~ 4:30 - 6:30pm MST

Use SPRING in the discount box to get 30% off!

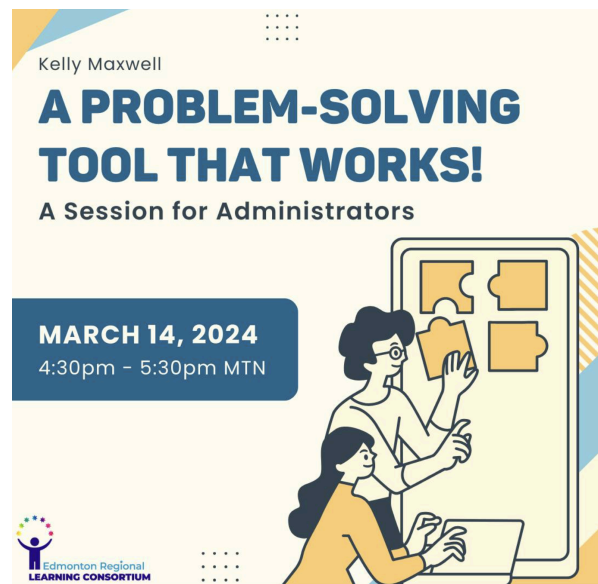
Workshop Dates and Registration Link.

1 hour sessions hosted by ERLC!

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



When you reflect on your role as a parent, do you feel lucky to be your child(ren)'s parent? Do you struggle with your children's behaviors and compare yourself to other families and feel that you are missing out or do not measure up? Or are you curious as to how you can improve your appreciation for your unique family's dynamics? This session is



If you are familiar with DBT-informed skills, and you want to learn how to more effectively problem solve with students, staff and parents? This session is for you. You will review basic skills and then be introduced to a practical tool that helps analyze events and provide a template to problem solve in an effective way so that everyone involved feels heard, validated and part of the solution. **[Register Here](#)**

your most important role. [Register Here](#)

Kelly Maxwell

Emotional Empowerment

Supporting Students with Care & Confidence

March 21, 2024

4:30pm - 5:30pm MTN



When students struggle with self-confidence, they can be perceived as whiny and clingy, always seeking approval and attention. What is going on for them that is causing them to be this way? How can we support them and ourselves, so that we meet their needs while helping them build confidence and courage? It's not easy and DBT skills can help.

[Register Here](#)

You are welcome to attend any session.

✦ 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? **March 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 **Relationship Mindfulness**. Be sure to enrich your learning journey with this month's SIA session.

Have you ever ended your day wondering, "Wow! That was a terrible day! I really screwed up with that kid!" "Where did it all go wrong?" 🤔

We all experience days where we **say the wrong thing**, or react to a situation in a manner that is **not true to ourselves**. Being more aware of your **HALTS** is a great skill to refer to so you are **able to respond effectively rather than react poorly**.

Take the time to check in with your HALTS so you are able to **continue making positive connections with your students**.

Stay skillful!

💜 Susan

HALTS =

H - hunger and hydration

A - anger

L - loneliness

T - tired

S - sickness

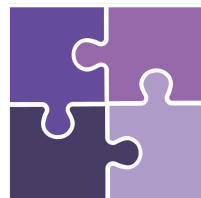
S - stress

S - screen time

S - substances

Remember it's all about Connection!

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.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)