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

The SILA Skills Connector

April, 2024

Hi Kelly,





Are you enjoying the longer days and increased sunshine? Isn't spring glorious?

This month we are celebrating more than just warmer days. We are so excited to share what's new and promising for SILA Skills as well!

Thank YOU for your continued interest in our message of Building Resilience and Creating Connections! We all need it!

Kelly Maxwell
for The SILA Skills Team



  **What Season are
You In?**  

This month's blog post is a time of sincere reflection. Just like we experience the natural seasons, our life journey has

One Hour Skills Sessions!

☀️ April ☀️

Did you know that each month, you can access one-hour sessions that **integrate** DBT-informed skills with **key education topics**? ERLC has partnered with SILA Skills to provide these sessions for free for the remainder of this school year.

Registration can be found at www.ERLC.ca.

Search for SILA Skills.

Registration is open to **anyone, anywhere!** If you're new to ERLC, you can follow the instructions in this [short video](#).

Hope to see you there!

Here are some sessions for this month.



UNDERSTANDING BEHAVIORS

Decoding Dysregulated vs. Disruptive

April 11, 2024

4:30pm - 5:30pm MTN

with Kelly Maxwell



Kelly Maxwell

Building Stronger Connections

Taking your Keeping Cool Skills to the Next Level!

APRIL 25, 2024
4:30pm - 5:30pm MTN

Kelly Maxwell

Breaking the ICE

Empowering Strategies to Support Anxiety

April 18, 2024
4:30pm - 5:30pm MTN

👉 **Welcome to the New SILA Skills Board** 👉

One of the key challenges for a non-profit organization is to find leaders who are not only passionate about its mission but also possess the necessary skills to lead effectively. The Board of Directors at SILA Skills Group is comprised of dedicated and skilled volunteers who are committed to driving expansion and ensuring the organization's sustainability while staying true to its mission. The board plays a crucial role in governance, strategic planning, and financial oversight.

Since its inception, we have been fortunate to have the original 6 SILA Skills founders as board members, providing invaluable leadership and a strong desire to share their skills with communities in Alberta and Ontario. We extend our heartfelt gratitude to Heather Rider, Karen Black, Lynn Swanson, and Catherine Needham for their outstanding leadership of SILA, and we wish them continued success in their endeavors to support others. We are delighted to welcome four new board members to join Rosanna Ruppert and Kelly Maxwell. Their leadership will play a vital role in advancing SILA's message of Building Resilience and Creating Connections into the future. To learn more about our board, please visit our [website](#).

Jonanne Papillion

Board Member
Treasurer



Kandis Hiscock

Board Member
Secretary



Josh Jacobs

Board Member



Jessica Laham

Board Member



👉 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? **Our April session is just around the corner!** To get your exclusive link, check out your email. An invitation was sent today! Enrich your learning journey with a SIA session. The fun begins here, join us now!

Quick Skill for Today

Opposite action, a seldom-discussed skill, is frequently employed without our awareness. It is utilized when our emotional impulses lead to unhelpful actions and we are committed to making a change wholeheartedly.

Educators striving to end this year successfully will find this skill invaluable. It aids in establishing connections, nurturing relationships, and fostering resilience while maintaining a strong sense of self.

Some examples are:

I just want to quit

but

I will choose to try again.



I don't want to mark those papers

but

I choose to break it up into small chunks and get it done.

What action urge is not helpful for you today? What is a better choice?

Opposite action helps all of us.

SILA Skills Fundraiser in May



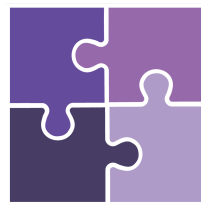
Join the SILA Skills Group, a non-profit organization dedicated to equipping educators, first-responders, health care workers, and others in high-stress fields with essential DBT-informed skills. Our mission thrives on the generosity of individuals who share

Support SILA Skills by donating today or participating in Tom's Walk, a memorial event on May 26 that benefits our cause.

Learn more about Tom's Walk by going to www.TomsWalk.ca

Your contribution can make a significant impact. Why not organize a mental health walk in your community as well? **Let's empower individuals together.**

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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