

[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

February, 2024

Hi <<First Name>>,

February is all about showing kindness and love. Skills helps us do that in such a wonderful new way! Remember some of the skills that you love to use? Our SILA Skills blog post this month shares some of my favorites.

Spring Workshops start in March. Learn more below and be sure to share with others who would benefit.

February 26 is **Pink Shirt Day**. Are you looking for ways to encourage someone who is being bullied? Check out our Quick Skill for Today section for a few ideas.

We ❤️ to share skills with EVERYONE!

Kelly Maxwell
for The SILA Skills Team



Heart Happy?

This month's blog post is all about sharing the love (of skills, that is!) Kelly shares how these skills have transformed how she responds to the emotions around her so much more effectively than before. It's such a testament to the power of learning and applying these skills on a daily basis. Check it out [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 Part

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

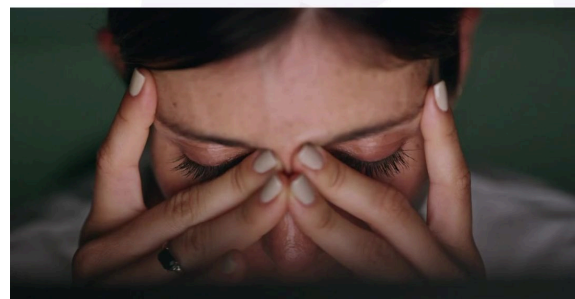
6 Wednesdays - April 3, 10, 17, 24, May 1, 8 ~ 4:30 - 6:30pm MST



Do you work in a school as...

- a teacher
- a support staff
- an EA
- admin

And, are YOU or is someone you work with feeling...



Click the image to watch the short video.

Use the discount box to get 30% off!

Workshop Dates and Registration Link.



👉 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? **February 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

February 28 is Pink Shirt Day.

It is a day dedicated to fighting against bullying, a pervasive issue that affects many in various locations like schools, workplaces, homes, and even online. It's a heartrending experience that far too many endure. 😞 Validation, the act of acknowledging the pain of those suffering, can be a powerful tool in such situations. If you are seeking to provide support to someone opening up about their experiences, consider using these heartfelt validating statements.

Some validating statements:

“It’s so hard to feel like you’re being bullied.”

“I can’t imagine how you must be feeling right now.”

Silence.

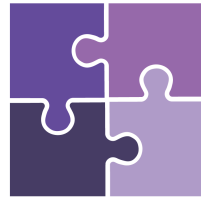
“Tell me more.”



Share what connects with them.

Remember to WAIT - (Why Am I Talking)

The key is you’re focusing on their emotions AND demonstrating that their emotions make sense to you.



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.

Copyright (C) 2024 The SILA Skills Group. All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)