

## Building Capacity for Mental Health in Schools

Supporting mental health and wellness is quickly becoming a priority in our schools as we continue to live through the pandemic. As school leaders, what can we do to improve support for our students, staff, families, and ourselves?

Embark on a journey with OFIS and Julia Swaigen MSW, RSW to create meaningful and lasting changes that build capacity for great mental health in your school community.

Participants will receive a certificate of completion for the course.

**Location:** Zoom (link provided upon registration)

**Time:** 10am - 11:30am

**Cost:** OFIS Members: \$910\*

Associate Members: \$1105

Non-Members: \$1300

[Full Details &  
Registration](#)

\*OFIS Member registrants qualify to pay in installments

### Sessions and Dates

- Self Care for School Leaders (October 20, 2021)
- Supporting Staff (November 17, 2021)
- Supporting Parents (January 12, 2022)
- Supporting Students (March 9, 2022)
- Establishing Practices, Plans and Policies for Healthy Schools (May 18, 2022)



Julia Swaigen MSW, RSW is the Director of Attuned Families. Julia has been working with public and independent schools for over 10 years and is committed to prevention, early intervention and innovation in child, family and school mental health